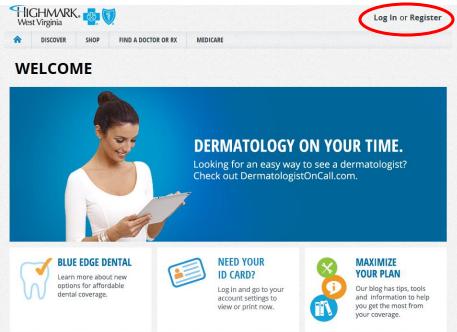
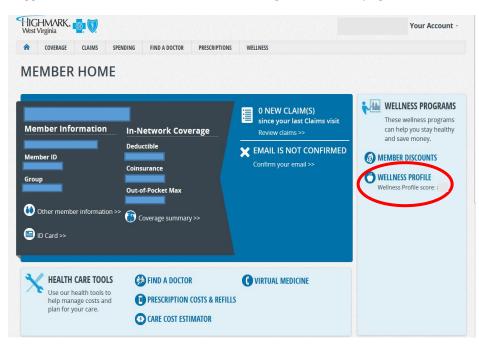
## \*\*Covered Spouses of Union Employees must also complete the HRA\*\*

Instructions for Taking Your Online Wellness Profile (HRA)

- 1. Go to: https://www.highmarkbcbswv.com/home/
- 2. Log in to your Highmark account.
  - a. If you do not have an account, click on Register and follow the instructions.



3. Once logged in, click on **Wellness Profile** on the right side of the page.



4. Complete all six sections of the WebMD Wellness Profile Questionnaire



- 5. Once you completed all sections of the Wellness Profile Questionnaire, click FINALIZE.
- 6. You will then be prompted to a new page to answer questions about **Healthy Changes**, enter **Contact Information**, and provide **feedback** on this questionnaire.
- Click on FINISH. An HRA score will be calculated for you. Print this page out for your records.
  \*If you are providing a hard copy of this document to the Wellness Center, make sure to write your NAME and DATE OF BIRTH on this page before submitting.

WebMD Wellness Profile Results 1. Questionnaire 2. Finalize 3. Results Print Reports •		
Your Health Score Completed 1/26/16 Update Score Learn more about your score	Your Past Scores	How do you compare?
Feeling inspired to make changes? We're here to give you personal guidance!		
We asked and you told us — you're ready to make some changes in this key area:		our goal to Enjoy Exercise

You may complete the Wellness Profile online 24 hours/day, 7 days/week from any computer with internet access. The Wellness Profile will be available through March 10, 2017. If you do not complete this questionnaire **before March 10**, you will not be eligible for the health insurance premium savings.

## For technical assistance please call Highmark Web Operations at 1-877-298-3918.



Phone: 304-293-2520 Fax: 304-293-3725 Email: wellnesscenter@hsc.wvu.edu