

# LABORER'S DISTRICT COUNCIL OF WESTERN PENNSYLVANIA WELFARE FUND WELLNESS PROFILE

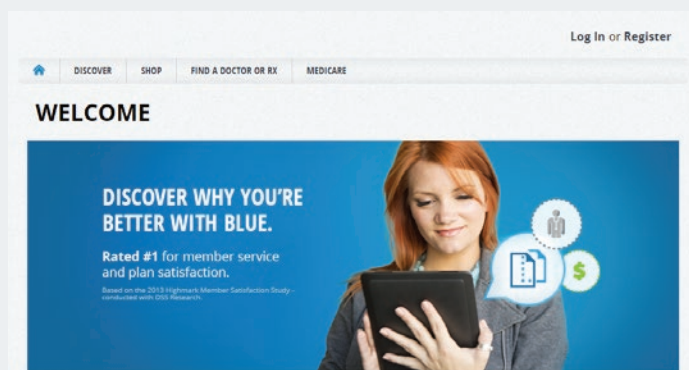
## GETTING STARTED

The Wellness Profile is a great first step to take charge of your health. This self-assessment covers all aspects of your health. It includes nutrition, weight management, physical activity and injury prevention. The Wellness Profile only takes about 15 minutes to complete. Your summary includes an action plan and suggestions for health and wellness programs that are right for you.

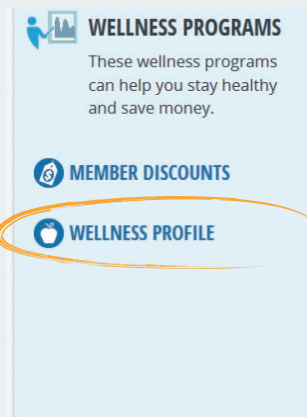
Complete the Wellness Profile  
by Sept. 30 of this year.

## COMPLETE ONLINE FOR QUICK, EASY AND IMMEDIATE RESULTS

- Log in to **highmarkbcbs.com**
- If you are not a registered user, click on **Register** and complete the form. Spouses need to set up their **own** Highmark account.
- Click on the **Wellness Profile** link and complete the assessment.
- Click **Complete** to make sure you get credit.



then



## IF YOU DO NOT HAVE COMPUTER ACCESS

- Request a paper version by calling the Dedicated Unit.
- Should there be any missing data from your Wellness Profile, you will receive a letter requesting you respond to WebMD and provide the missing information. All questions are required to be answered; failure to do so and you will not receive credit.
- Once the Wellness Profile is completed correctly, you should expect your Personal Wellness Plan to arrive within 3-4 weeks. That will serve as your certification that you have completed the Wellness Profile requirement.

## QUESTIONS?

If you have questions about the Wellness Profile or the member website, call the Dedicated Customer Service Unit at 1-866-594-1732.

## FOR COMPLETION CREDIT, MAKE SURE YOU INCLUDE

- Enter your Name and Address exactly as it appears on your Highmark ID Card.
- Insurance Card ID: enter the numeric portion of your Member ID from your ID Card.

Complete all questions and return your  
paper profile in the postage paid  
envelope by Sept. 1 of this year.