What is the Wellness Profile?
The Wellness Profile is a confidential Health Risk Assessment (HRA) - a tool used by you to assess your current health status. The Wellness Profile covers all aspects of your health, including nutrition, weight management, physical activity, stress management, tobacco and alcohol use, injury prevention, skin protection, immunizations and health screenings.

What is the purpose of completing the Wellness Profile?
The Wellness Profile can help you understand the relationship between your lifestyle choices and your health.

What information will I receive after completing the Wellness Profile?
Your answers will generate a confidential WebMD Wellness Profile Summary report built specifically for you. This document will identify opportunities to improve your health through lifestyle behaviors and recommendations for health and wellness tools and programs to assist you in making healthy choices.

Am I required to enroll in programs that are recommended in my Wellness Profile results?
No, however the programs and activities that are recommended based on your Wellness Profile results are likely to be the most beneficial to you. You are not required to enroll in the recommended programs and may select from any of the offered programs.

Will my employer view the individual health information I submit?
No. The individual health information you enter is kept completely confidential and will not be shared with your employer. All personal health information is protected by the Health Insurance Portability and Accountability Act (HIPAA) and may not be divulged without your permission.

What information will my employer receive?
PASSHE will receive a de-identified aggregate report of all the data entered by individuals who completed the Wellness Profile. In addition, each campus will receive an aggregate report of data entered by individuals at that location. This aggregate report will serve two purposes – first, it will provide us with the data we need to deliver the types of programs and resources that are most needed by our employees based upon their collective health risks and wellness interests. Second, over time this report will provide us with information to measure the effectiveness of our wellness program and initiatives.

I already completed a Wellness Profile in a prior wellness year, do I have to complete it again? Why?
Yes, the 2017/18 Healthy U wellness plan year begins July 1, 2017, and the Wellness Profile must be completed again, even if you previously took it in an earlier wellness year. Completing the Wellness Profile on an annual basis is one method to track your progress on any health behavior changes you are making, or to help you maintain focus on your current healthy lifestyle practices.

Does my spouse or same-sex domestic partner have to complete the Wellness Profile?
Yes, your spouse or same-sex domestic partner also needs to take the wellness profile as part of their annual participation requirements.

Do I get points for completing the Wellness Profile?
Yes, after you complete the Wellness Profile you will be credited with 30 points toward the 70 point total needed for successful participation.

What information do I need to complete the Wellness Profile?
Ideally you should have your height, weight, blood pressure level, blood sugar level, and cholesterol and triglyceride levels. If you’ve had a recent physical, you can call your medical provider for that information. If you haven’t, you can still complete the Wellness Profile with the information you do have, and update your Wellness Profile with the missing information after you have your next checkup. Tip – For a quick and easy blood pressure reading, many pharmacies and grocery stores have automated blood pressure machines you can use.
How do I complete the Wellness Profile?

- Start by going to the Highmark website www.highmarkblueshield.com and log in with your USER ID and PASSWORD.
- From the Welcome page, click on the WELLNESS PROFILE link.
- Then click on Take (or Retake) the WebMD Wellness Profile now.
- The first screen you will see is a participant consent form. This screen is new for the Wellness Plan Year beginning 7/1/2017. You will need to review this screen, and click the “I Agree” button in order to complete the Wellness Profile.
- If you are retaking the Wellness Profile, much of the information you supplied previously will be pre-populated for your convenience. Update the information which has changed, and be sure to click the “Save & Finalize” button when you are finished.

I still have questions, who can assist me?
- For general questions about Healthy U, contact your campus Benefits office.
- For questions on accessing/completing Healthy U programs - Highmark Member Services 1-888-745-3212
- For login, website or other technical issues – Highmark Technical Support 1-877-298-3918