Accessing Healthy U for the First Time

- Start by going to the Highmark website www.highmarkblueshield.com and log in with your USER ID and PASSWORD.
- From the Welcome page, click the link for the Rewards Program (Healthy U).

The initial time you access Healthy U, you will receive the following screen prompts – this will occur only once, the first time you access the Healthy U web platform.

This will bring you to the second screen prompt (see below) – click the check box and press Submit to accept the Wellness Center Agreement.

For the last step, you will receive a menu of health topics – you may select any of these health topics in which you have an interest. This will customize your future educational content, so that the articles presented are most relevant to you. Choose as many health topics as you want, or you can proceed without selecting any of these health topics.
After you press the Continue button, you will be directed to the Healthy U web platform. The three screenshots described above will not be repeated - in future web sessions, when you select the Healthy U link, you will proceed directly to this site.