KNOW YOUR HEALTH STATUS

DO YOU KNOW YOUR CHOLESTEROL NUMBERS? BLOOD PRESSURE SCORES? BMI, OR BODY MASS INDEX?

These numbers give you a significant part of your personal health picture. And the Wellness Profile on your member website completes that picture by assessing other health measures, including nutrition, stress and personal fitness. You also get an action plan for health improvement.

Be an informed health care consumer. Get your whole health picture today!

Log on today to your member website at www.highmarkblueshield.com.

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