

Highmark Preventive Health Services Wellness Resource Center 1-800-650-8442

Hours of operation: 7:30 a.m. to 4:00 p.m. Eastern Standard Time

GET
ANSWERS AND
INFORMATION
ABOUT:

• Health Risk Assessments (HRA)

What is an HRA?
How long does it take to complete an HRA?
How and when will I get my results?
What do my results mean?

• Wellness Programs

What programs are available?
How do I access them?
How long do they take to complete?

• Complementary Wellness Discount Program

What does this program offer?
How do I access the information?
How do I obtain services?
How do I receive the discount?

• Screenings

Do I need to fast before my screening?
Who receives my results?

• Lifestyle ReturnsSM

What online programs can I take for credit?

• All Other Highmark Wellness Programs



Contact the Wellness Resource Center today! 1-800-650-8442

For technical website questions, please call 1-877-298-3918.



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