

Highmark and HealthMedia[®]

Online Solutions to Wellness Challenges

Personalized online lifestyle improvement and condition management programs to promote a longer, healthier life.



HealthMedia
nourish[®]

Nutrition Program

Eight-week program offering customized techniques for making healthy food choices.



HealthMedia
balance[®]

Weight Management Program

Six-week program offering tailored action plans for weight management, physical activity and eating to improve your health.



HealthMedia
relax[®]

Stress Management Program

Customized program offering tools to help adults effectively cope with stress factors at work and home.



HealthMedia
breathe[®]

Smoking Cessation Program

Customized, four-part action plan with tools to quit smoking and follow-up action plans delivered at critical relapse times.



HealthMedia
care[®]
for Your Health

Self-Management Program

Personalized action plan for managing chronic conditions such as asthma, diabetes, migraines, high blood pressure and high cholesterol.



HealthMedia
care[®]
for Your Back

Self-Management Program for Back Pain

Customized program to assess, prevent and manage back pain.



HealthMedia
care[®]
for Diabetes

Diabetes Support and Education

Program simulates a one-on-one session with a nurse counselor to support effective diabetes management.



HealthMedia[®]
overcoming[™]
Depression

Self-Help Program for Depression

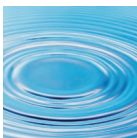
Clinically sophisticated, self-help program providing 24/7 access to coping strategies for symptoms associated with depression.



HealthMedia[®]
overcoming[™]
Insomnia

Sleep Improvement Program

Six-week program using clinically proven techniques to help individuals improve their sleep habits.



HealthMedia
care[®]
for Pain

Self-Management Program for Pain

Program provides simple tips and specialized information for individuals who live with chronic pain as a result of injury, migraines, fibromyalgia, or other chronic conditions.



HealthMedia[®]
overcoming[™]
Binge Eating

Self-Help Program for Binge Eating

Confidential, self-help program providing 24/7 access to effective interventions to help individuals take control, break destructive patterns, and experience a healthier, more satisfying relationship with food.

It only takes a few minutes to get started.

Here's how:

- Go to the Highmark Web site at www.highmarkbcbs.com.
- Choose the "Member" tab and complete the log in process by entering your Username and Password.
- If you do not have a Username and Password, select "Register Now" and follow the instructions.
- Click on the "Your Health" tab and then select "Improve Your Health."
- Choose the program in which you want to enroll.
- Complete the program questionnaire to receive your personalized guide for improving your health.



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