



LIFESTYLE CHANGES WITH ONE-ON-ONE ATTENTION

The Railroad Health Plan and Highmark Blue Cross Blue Shield have teamed up to offer wellness programs designed to help you and your dependents reach optimal health. There are a variety of programs available to you and your covered spouse and dependents. All programs include the assistance of a coach who is specially trained to help you reach your health or wellness goals! Your coach will help tailor a behavior change plan for you.

Succeed® - Health Risk Appraisal

Your first step is to complete Succeed®, an on-line health risk appraisal. Succeed® takes about 20 minutes to complete and evaluates: nutrition, physical activity, stress, smoking, and history and risk of chronic disease. A health coach may then contact you to offer assistance in setting **and** achieving all your personal health goals! To complete Succeed:

1. Go to Highmark's Web site at www.highmarkbcbs.com.
2. Select the **"Members"** tab and sign on by entering your user ID and password.
3. Once you've logged on, choose the **"Your Health"** tab and then click **"Wellness Profile."**
4. Answer Succeed®, the health risk appraisal as accurately and honestly as possible.
5. There is no site code or employee id number needed to complete, just click **"Save and Continue"**.
5. Be sure to click **"Submit"** when finished to generate your personalized plan.
6. Call 1.800.650.8442 if you have difficulty finding the Succeed® Wellness Profile or answering the questions.

Tobacco Cessation Options

Several options are available to you. Your health coach may suggest one of the following:

Telephonic Smokeless®--a phone-based program including 5 scheduled calls from a tobacco cessation specialist. You can also call a specialist if you need additional support -- 24 hours a day/7 days a week! But you don't have to wait to be contacted -- call 1.800.345.2476 x 233 to enroll today!

Guided Self-Help Smokeless®--a self-administered tobacco cessation program that helps you quit at your own pace. Just call a tobacco cessation specialist if you need additional help -- 24 hours a day/7 days a week! Again you don't have to wait to be contacted -- call 1.800.345.2476 x 233 to enroll today!

Nicotine Replacement Therapy (NRT) --an 8 week supply of over-the counter NRT is available for anyone enrolled in either Telephonic Smokeless® or Guided Self-Help Smokeless®.

Breathe®-- an on-line customized, 4 part action plan based on your chosen quit date. After answering a questionnaire, participants receive the first tailored plan followed by 3 additional plans at critical relapse times following their quit date.

Weight Management/Weight Loss Options

Like tobacco cessation, you have several options available. Your health coach may suggest:

Individualized Lifestyle Management Coaching--a phone-based counseling program designed to help participants better manage their weight through moderate exercise and healthful eating. Telephonic coaching sessions can be scheduled at times that are convenient for the participant.

Nourish®--an on-line 8 week program including action plans at different intervals of the program. It includes personalized techniques for making healthful food choices when dining out, shopping and preparing meals.

Balance®--an on-line 6 week weight management and physical activity program that offers a tailored plan with techniques and strategies for making healthful food choices, increasing physical activity, and avoiding emotional triggers that lead to overeating.

These programs are all designed to help you have a greater hand in your health! If you have any questions about getting started, please call 1.800.650.8442.

Special Note Concerning Confidentiality: Your personal health information will be treated with the strictest measures of privacy and confidentiality. This information will not be shared with your employer, except in aggregate, de-identified format.

