



## Highmark Wellness Programs and Resources

### **Lifestyle Improvement Online Programs**

- HealthMedia Balance
- HealthMedia Breathe
- HealthMedia Care for Diabetes
- HealthMedia Care for Your Back
- HealthMedia Care for Your Health
- HealthMedia Nourish
- HealthMedia Overcoming Depression
- HealthMedia Overcoming Insomnia
- HealthMedia Relax

### **Lifestyle Improvement Worksite and Community Programs** (based on availability; may not be available at all locations)

- 10,000 Step Challenge
- Bands on the Run
- Diabetes Awareness and Prevention
- Discover Relaxation Within I and II
- Eat Well for Life I and II
- Personal Nutrition Coaching
- Strides for Health
- Telephonic Smokeless
- Guided Self-Help Smokeless
- Clear the Air

### **Condition Management Programs** (through Blues on Call)

- Asthma
- Back Pain
- Coronary Artery Disease
- Congestive Heart Failure
- Chronic Obstructive Pulmonary Disease
- Depression
- Diabetes
- Maternity

**Telephonic Wellness Coaching Programs (through Blues on Call)**

- Aim for Change (weight management)
- Simply Well (healthy eating)
- Get Moving (physical activity, health and fitness)
- Restoring Balance (stress management)

**Online Health Education Tools (through Highmark website)**

- Chronic Condition Guides
- Surgeries and Procedures information
- Healthwise Knowledgebase
- Health Topics with Decision Guide Option
- Inside the Body
- Healthcare Advisor
- Pregnancy information