Let Our Digital Coach Help You Achieve Your Wellness Goals!

Start by Taking the SUCCEED® Wellness Profile! This easy online survey creates a complete summary of your health, then lays out a personalized action plan based on your needs and goals and recommends programs to help you achieve them. Your Digital Coach is available to you 24 hours a day, 7 days a week.

If You Want to Eat Healthy, Manage Your Weight & Get Active…
We Have a Coach for That!
- Eat Nutritiously
- Overcome Binge Eating
- Lose Weight
- Walk Pain Free
- Stay Active

If You Want to Manage Stress and its Symptoms…
We Have a Coach for That!
- Reduce Stress
- Improve Sleep Habits

If You Want to Quit Smoking…
We Have a Coach for That!
- Kick the Habit

If You Want to Manage a Health Condition…
We Have a Coach for That!
- Manage Diabetes
- Manage Chronic Pain
- Take Care of Your Back
- Care for Chronic Conditions
- Cope with Depression
- Control Blood Pressure
- Lower Your Cholesterol
- Walk Pain Free

It’s Easy to Get Started:
- Go to www.highmarkblueshield.com and log on to your Member website.
- Under the “MEMBERS” tab, complete the login process with your Login ID and Password. If you do not have a Login ID and Password, select “Register Now.”
- Choose the “YOUR HEALTH” tab and then click on “IMPROVE YOUR HEALTH.”
- Select a category, choose a program and get started.