THE STATE OF DELAWARE DELA*WELL* HEALTH MANAGEMENT PROGRAM

FOCUS ON YOUR HEALTH

The State of Delaware and Highmark Blue Cross Blue Shield Delaware encourage you to focus on your health by completing two easy steps beginning July 1, 2015:

☐ **ANNUAL PHYSICAL EXAM:** An annual physical exam is the best way to stay on top of your health. Your doctor (Internal Medicine, General Practitioners, Family Practice and GYNs) can provide annual physicals as well as treat small problems before they become serious. You can learn if you are at risk for a health condition. Certify online that after you have your annual physical exam or OB/GYN exam that you completed it.

☐ **WELLNESS PROFILE:** The Wellness Profile is an online survey that helps you understand where you stand with your health. You'll get a wellness score, an action plan and recommendations for health and wellness programs that can help you to improve your health.

Schedule your annual preventive exam to take charge of your health. Learn how to improve your health with the Wellness Profile.

GET STARTED

Starting July 1, log in to highmarkbcbsde.com.

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

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HIGHMARK Delaware

DelaWELL Placing Delaware at the Forefront of Wellness

Statewide Benefits Office SBO Benefits Made Easy