



MEMBER ENGAGEMENT

ONLINE RESOURCES

WORKSITE WELLNESS

- > CULTURE & WELLNESS COMMITTEES
- > HEALTH & WELLNESS COACHING
- > HEALTH SCREENING TOOLKIT
- > HEART HEALTH & DIABETES
- > **MEMBER DISCOUNTS**
- > MONTHLY HEALTH PROMOTIONS
- > MUSCULOSKELETAL & PHYSICAL ACTIVITY
- > NUTRITION
- > ONLINE & GENERAL RESOURCES
- > PREVENTIVE CARE
- > SLEEP
- > STRESS
- > TOBACCO CESSATION
- > WEIGHT MANAGEMENT

SPENDING ACCOUNTS

[HOME](#) > [WORKSITE WELLNESS](#) > [MEMBER DISCOUNTS](#)

Whether you are looking for discounted gym memberships or weight loss programs, tips on children's and senior's health concerns, or a discount on massage therapy, it can all be found on the member website. Take advantage of the great discounts on health care products and services, along with health and wellness information you can use throughout the year.

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Highmark Blue Cross Blue Shield serves the 29 counties of western Pennsylvania and 13 counties in northeast and north central Pennsylvania.

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