Step 1: Login to Highmark’s website: [www.highmarkblueshield.com](http://www.highmarkblueshield.com)
  - You will need to register if you are a first time user

Step 2: Select the “Your Coverage” tab

Step 3: Select “Member Discounts”- located on the left-hand side of the page
Step 4: Select “Healthy Choices” and accept the conditions

Step 5: Select “Healthways Fitness Your Way”

Healthy Choices

Jenny Craig
Join Jenny Craig and receive a FREE 30-Day Program*. Jenny Craig will design a personalized, comprehensive program that fits your lifestyle, plus you’ll get one-on-one support from your very own personal consultant. Plus the cost of food.

Nutrisystem
Nutrisystem has new food programs to meet your needs. Save up to 22% on a 28-day program order.

Reebok
Reebok is giving members the Blue 565 exclusive discounts from their online store. Enjoy 20% off footwear and apparel purchases from the online store.

Snap Fitness
Get fit, feel great—and be well. Snap Fitness, with convenient locations near home, work and worldwide, offers you a 50% enrollment fee discount, plus 5% off monthly dues, 10% off personal training and many other FREE bonus perks.

Healthways Fitness Your Way
Healthways Fitness Your Way gives you access to 8,000+ fitness locations—anytime, anywhere, as often as you like. We’ve made it as flexible, affordable, and accessible as possible with no enrollment and monthly fee.

Walkadoo
Walkadoo is a pedometer-powered daily activity program that helps you successfully increase your steps. Personalized emails, games, and social support provide encouragement and motivation to meet your goals.

Find local fitness center locations: