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HIGHMARK TO OPEN TWO WORKSITE HEALTH CENTERS AT COMPANY FACILITIES

New centers designed to lower the company's health care costs and get employees more engaged in their own health care decisions

Camp Hill, Pa. (Nov. 6, 2009) – In an effort to reduce the company's health care costs and to get employees more engaged in their own health care decisions, Highmark Inc. is opening two worksite health centers. The first center opens in its Camp Hill facility today and the second will open at the company headquarters in Pittsburgh on Nov. 20. The health centers will offer Highmark employees a variety of services including primary care, vaccinations, physical therapy, and a pharmacy.

“Based on our research, we expect to save several hundred thousand dollars on our overall health care costs this first year,” said Kenneth R. Melani, M.D., Highmark CEO and President. “Besides that financial return on investment, we also know there are many additional benefits. Employees will be able to see a doctor at work rather than spending several hours going to an off-site appointment. This convenience is another opportunity to have employees more engaged in their health care decisions.”

Highmark is working with Take Care Health Systems who will operate the health centers. Take Care Health Systems is part of Walgreens Health and Wellness Division and currently operates more than 375 worksite health centers around the country.

“As a health care leader and innovator, Highmark recognizes the benefits a comprehensive on-site health care program can provide to employees, offering both convenience and cost savings,” said Peter Hotz, Walgreens divisional vice president and president of Take Care Health Employer Solutions. “We look forward to addressing the health care and pharmacy needs of Highmark's workforce while helping to reduce costs and increase employee productivity and satisfaction.”

Other large employers across the country have opened similar facilities. According to Take Care Health Systems, results have included a marked decrease in employees' use of emergency rooms and urgent care centers, significant reductions in health-related absences and increases in worker productivity. Highmark will be measuring a number of factors to determine the success of the health centers.

According to Fuld & Company research, worksite health centers can offer employers immediate savings of 10 to 30 percent on health care costs. The facilities generate savings by reducing costs for health care services, increasing productivity among the workforce and improving the overall health and well being of the employee population.

Highmark has a long history of getting employees involved in their health. The company offers its employees an on-site fitness center and wellness classes. Highmark employees also participate in Lifestyle Returns, a wellness program that engages employees in awareness about their own health status and leads them to healthier lifestyles. In 2007, Highmark published a wellness study that indicated for every dollar spent on wellness efforts an additional \$1.65 is saved.

"More employers across the country have seen increases in their health care expenditures, and everyone is looking for ways to contain costs. We know that wellness programs and getting employees involved in their health care makes a huge difference in the quality of their lives," said Melani.

About Highmark Inc.

As one of the leading health insurers in Pennsylvania, Highmark Inc.'s mission is to provide access to affordable, quality health care enabling individuals to live longer, healthier lives. Based in Pittsburgh, Highmark serves 4.8 million people through the company's health care benefits business. Highmark contributes millions of dollars to help keep quality health care programs affordable and to support community-based programs that work to improve people's health. Highmark exerts an enormous economic impact throughout Pennsylvania. A recent study states that Highmark's positive impact exceeded \$2.5 billion. The company provides the resources to give its members a greater hand in their health.

Highmark Inc. is an independent licensee of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans. For more information, visit www.highmark.com.

About Take Care Health Systems

Take Care Health Systems (www.takecarehealthsystem.com), a wholly owned subsidiary of Walgreens and part of Walgreens Health and Wellness division, is the largest and most comprehensive manager of worksite health and wellness centers and convenient care clinics in the country. TCHS is comprised of Take Care Consumer Solutions (www.takecarehealth.com) and Take Care Health Employer Solutions (www.takecareemployersolutions.com). Take Care Consumer Solutions manages Take Care Clinics at select Walgreens drugstores throughout the country. Patient care at each of the Take Care Clinics is provided by Take Care Health Services, an independently owned state professional corporation established in each market. Take Care Health Employer Solutions manages primary care, health and wellness, occupational health, pharmacy and fitness centers at large employer campuses. Combined, Take Care Health Systems manages more than 700 worksite and retail health care centers.

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EDITORS NOTE: Links to sound bites about worksite health centers from Rich Little, vice president of compensation and benefits at Highmark Inc., are available at https://www.highmark.com/hmk2/about/newsroom/presskits/healthcenters_interview.shtml

Photos of the facilities are available at <http://wwwtest.athighmark.com/slideshow/employeeewellness/index.shtml#>