



Improving Your Health from Every Angle

You'll love these extra benefits offered by Highmark and the State System of Higher Education.

A health plan can do a lot more than help you pay your medical bills. In a perfect world, your health plan would go out of its way to help you stay healthier, happier, and more financially secure. Every day.

Following are some of the key features you get with your health plan coverage at no extra cost. Better still — each of these can help you live healthier now and in the future.

We'll help you:



Lose weight, get active, eat healthier, and lower your disease risk

Wellness coaching: Sign up for one-on-one phone support with a wellness coach.



Manage your health condition

Blues On Call™: Get answers to your health and medical questions with this 24/7 nurse line.

Best Doctors: Get a second opinion from a physician.

Baby BluePrints®: Feel secure and confident with our maternity education program.

Disease Management Programs: Receive one-on-one nurse support for asthma, diabetes, heart disease, and other chronic conditions.

Complex Case Management: Stay organized and on top of your treatment plan with help from a case manager when you have a critical health conditions.

Surgical Decision Support: Get easy access to feedback when facing surgery. Plus a nurse case manager will reach out to help you make the right decision for you.



Make smarter, better-informed health decisions

Sharecare: Take advantage of this one-stop digital platform that allows you to:

- Discover your RealAge (it only takes minutes).
- Track your health habits.
- Get personalized health information.
- Monitor your sleep, stress levels, fitness, and more — in real time.
- Get more from Sharecare with:
 - **Sharecare Rewards** — Talk to HR about the rewards you can win.



Get quick answers to your coverage questions

Member Service: Enjoy friendly, knowledgeable help from our customer service team.

Discover more about these benefits today at highmarkblueshield.com, or by calling **+1 888-745-3212**.

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

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。
请拨打您的身份证背面的号码（TTY：711）。

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