

As a Highmark member, your tiny card gets you

**big
perks.**

Clarity

Your Clarity team is a group of medical, benefits, and service experts dedicated to helping you with your health plan and finding high-quality care.

Baby Blueprints®

Our maternity education program for mom-to-be questions and over-the-phone support from a nurse health coach that's available at no additional cost. Call **1-866-918-5267** to enroll.

Blue365®

From workout gear to personal wellness to healthy meal services, Blue365 gives you member-only deals, available at **blue365deals.com**.

Health coaching

Get guidance based on your lifestyle, trackers to measure your progress, and resources like Highmark rewards programs to help you stay motivated.

My Highmark

Introducing a new, simpler way to engage with Highmark. Whether on your phone or your laptop, My Highmark has everything you need to manage your benefits and reach your health goals — all in one place. Download the My Highmark app or **visit myhighmark.com** today.

Blues On CallSM

Chat with a registered nurse or a health coach anytime. Call the number on the back of your member ID card to get support.

Virtual Physical Care powered by Sword

A Virtual Physical Care program powered by Sword Health. It connects you virtually to licensed physical therapists, guided physical therapy exercises, ongoing education, and even cognitive behavioral therapy.

Mobile and email messaging

You have the option of receiving communications by text or email. Sign up on your health plan's website.

Thanks for being a Highmark member.

With Open Enrollment just around the corner, Highmark has you covered.



Because Life.™

Questions? Visit myhighmark.com.



Blues On Call is a service mark of the Blue Cross Blue Shield Association.

Blue365 is a registered mark of the Blue Cross Blue Shield Association.

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Pennsylvania, Delaware, West Virginia, and New York: 1-833-521-1424 (TTY: 711)

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请拨打您的身份证背面的号码（TTY：711）。