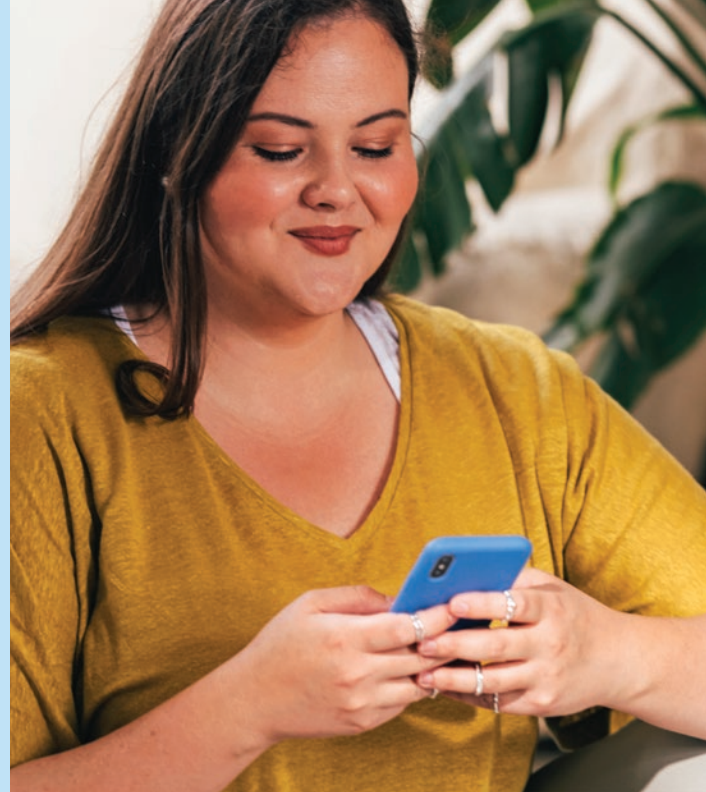




Because Life.™

# Your digital health coach is waiting.

Wellness from anywhere.



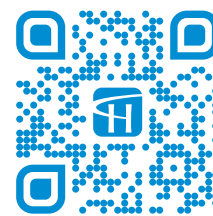
Highmark's digital health coach is a 24/7 texting-based app brought to you by Lark™.

Create a personal wellness plan that can help you track your diet and medications, address concerns over stress, improve sleep, and quit smoking.

## When you enroll, you'll get:

- Personal wellness plans that focus on your specific goals, like weight or stress management.
- Encouragement to make the progress you want.
- High blood pressure management tools, including nutrition advice, blood pressure monitoring, and coaching.
- Nutrition, sleep, and fitness tracking synced from your smart devices.
- A wireless scale (for eligible members).\*

The best part? It's all included in your health care plan at no additional cost to you.



## Start today.

Easily manage your health — and health coverage — with these three steps.

1. Scan the QR code above to download the **MyHighmark** app or visit **MyHighmark.com**.
  2. Select the **Benefits** tab.
  3. Click on the **Health and Wellness** section to enroll in Lark.
- 



**Allegheny County Schools**  
Health Insurance Consortium



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\*Exclusions may apply. Eligibility to receive a device is based on clinical criteria and screening responses. If eligible, a device will be provided by Lark at no additional cost, and not your health plan. Eligibility determinations are made by Lark in its sole discretion.

Lark is an independent company that manages digital health and wellness coaching programs on behalf of your health plan.

Individuals should check with a medical professional before beginning any exercise or weight loss regimen.

Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, First Priority Health or First Priority Life. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

Delaware: Highmark BCBSD Inc. d/b/a Highmark Blue Cross Blue Shield.

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield. **Visit <https://www.highmarkbcbswv.com/NetworkAccessPlan> to view the Access Plan required by the Health Benefit Plan Network Access and Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID card.**

Western NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield.

All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

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 habla español, tiene servicios de asistencia lingüística sin cargo. Llame al número correspondiente a su estado de residencia.

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