

WELCOME TO

# Connect

Your specialized team  
for all your health and  
wellness needs.



Learn how to stay well and manage your health care with a team that's always there for you.

Your dedicated Connect team is made up of nurses, wellness coaches, social workers, and customer care advocates with extended office hours and a dedicated phone number. They can help coordinate your care between doctors, specialists, and nurses. What's more, they can help find the right tools to help you manage chronic conditions, address mental health issues, prepare for hospital admission, and find preventive care.



Take the next step and get started with your Connect team by scanning the QR code to download My Highmark or call your Connect team at 844-946-6238. Your Connect team may also contact you directly by phone.

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My Highmark is the new app and website that gives you one-stop access to your plan details, health benefits, and wellness tools. And Connect gives you individualized attention to help you navigate your care options, including help with:

- Finding a primary care provider (PCP) and learning about preventive care screenings.
- Accessing in-network care and virtual health programs.
- Understanding your coverage and the best way to use your benefits.



**Allegheny County Schools**  
Health Insurance Consortium



Because Life.™



Because Life.™

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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）。