

Everything you need is a click or call away.

As a Highmark member, you have a variety of services available to you. Take a look below and know that Highmark is always here to help.

Member Service Resources

Concierge Team - 1-877-258-3123 (also on the back of your Highmark ID card)

Any time you have a question about your health benefits, coverage, or anything else about your plan, call the number on the back of your Highmark card. This number is specific to your health plan and the quickest way to get the answers you need.

Make sure you have your member ID number (or social security number) handy when calling.

Mental Health Resources

Aunt Bertha

Visit highmark.auntbertha.com to access this free online tool that connects you to local social service programs like food banks and housing.

Bright Heart

If you or a loved one is struggling with an opioid use disorder, you have access to Bright Heart Health's virtual counseling. Visit BrightHeartHealth.com to learn more.

Virtual Care Resources

Video Visits

Get the care you need without even leaving the house. In a few simple clicks, you can connect with a health pro through a video visit. Log in at HighmarkBCBS.com to get started.

Teladoc

Access 24/7 to board-certified virtual doctors. Visit Teladoc.com/Enter or call **1-800-TELADOC (1-800-835-2362)** to get started.

Wellness Resources

Sharecare

Your personalized health and wellness resource and the platform for your wellness program. Visit mycare.sharecare.com to sign up.

Wellness Coaching

A Highmark personal wellness coach can provide you with expert one-on-one guidance in the areas of weight management, nutrition, physical activity, stress management and overall wellness – all at no cost to you since it's part of your benefits program.

- **Aim for Change Program**
Learn and discuss key components for successful long-term weight management and improved health.
- **Daily Steps to Less Stress Program** Designed to help you build skills and learn techniques that can help you cope with stress, and become more stress-resilient.
- **Drop 10 in 10 Program**
A 10-week comprehensive weight loss program designed to help you build the skills needed to lose weight and achieve the best outcomes.
- **How to Be Tobacco Free Program**
A tobacco cessation program where you can discuss triggers, coping skills, overcoming barriers and Nicotine Replacement Therapy (NRT) options.
- **Time to Sleep Well Program**
Assess your sleep patterns and learn techniques and effective sleep tools to help improve your quality of sleep.

Diabetes Prevention Program

Diabetes has no cure, but it is preventable and prediabetes can be reversed. If you meet the criteria, the Diabetes Prevention Program provides you with resources like expert-led classes, an online community for peer support, food, weight, and activity tracking, personalized coaching and much more. Visit highmarkbcbs.com and click **Diabetes Prevention** to take the eligibility quiz.

Blues On Call

Call **1-888-BLUE-428 (1-888-258-3428)** for support from a registered nurse/health coach any time you have a medical concern.

Tivity Fitness Your Way

Fitness Your Way allows you to join a network of fitness facilities, nationwide, at a discounted rate. Visit highmarkbcbs.com and click **Member Discounts**, then search for "Tivity."

Digital Resources

Member Portal

Access all of these resources, plus things like prescription refills, help finding a doctor, and member discounts by visiting HighmarkBCBS.com.

Blue365 Member Discounts

With Blue365, great deals are yours for every aspect of your life. Visit highmarkbcbs.com and click **Member Discounts**.