

# Highmark Wellness Programs and Resources

Being a Highmark Member ensures you have access to Highmark tools and features. Your Highmark member ID gives you access to a comprehensive wellness program, member discounts, behavioral health care, 24/7 Nurseline and our health and wellness coaches.

## Wellness Coaching



1-800-650-8442

Personal wellness coaching and digital wellness tools that fit your life from a team of health experts. Programs are easy to access and tailored to each individual.

## 24/7 Nurseline



1-888-BLUE-428

Medical concerns during off hours? Just call to get support from a registered nurse 24 hours a day, 7 days a week!

## Baby Blueprints



1-800-650-8442

Our Baby Blueprints program is a holistic education and lifestyle support program to guide expectant mothers through every stage of their journey.

## Diabetes Prevention Program (DPP)



DPP is a structured lifestyle and health behavior change program that is designed to prevent the onset of type 2 diabetes

## Member Discount Program



Save on non-covered products and services through Blue 365<sup>SM</sup>. Discounts on gym memberships, personalized weight loss, coaching, acupuncture, yoga, massage therapy, and more.

Register at [blue365deals.com](http://blue365deals.com)

## Behavioral Health Care



Mental health illnesses are the leading cause of disability worldwide. Our multi-disciplinary team works together to ensure that members are connected with the appropriate behavioral health team specialist when needed.



## My Highmark

In one easy app and web experience, you will get streamlined access to information, be guided to care and resources, and get recommendations for taking action.

Visit [myhighmark.com](http://myhighmark.com) today!

# Additional Highmark Programs and Resources

Available at no cost to you through your Highmark benefits

## Well360 Diabetes Management Powered by Onduo



Well360 Diabetes Management is a virtual care program that:

- Comes with your health plan and helps you manage your care from the comfort of anywhere.
- Uses a smartphone and the Onduo app to provide access to the virtual health clinic and your care team.
- Gives you a personalized plan with ongoing, coordinated support between visits to your primary care provider.

**Type 2 diabetes is manageable — especially when you have the right tools and team in your corner.**

**Day-to-day support to help you live your best life!**

## Sword Virtual Physical Care



Get expert guidance at your fingertips with Sword.

Combining personalized support with the latest digital tools,

Sword gives you the freedom to help overcome joint and muscle pain anytime, anywhere.

### Here's how it works:

Using a tablet and motion sensors that track and guide your movement, you're matched with a physical therapist who creates a customized, self-guided care plan, then monitors your progress while providing ongoing support.

### Sword can help relieve:

- ✓ Back pain
- ✓ Shoulder pain
- ✓ Neck pain
- ✓ Knee pain
- ✓ Elbow pain
- ✓ Hip pain
- ✓ Ankle pain



## My Highmark

Scan the QR code or Visit [myhighmark.com](https://myhighmark.com)  
to learn more about all the advantages of being a Highmark member!

