



# Improving Your Health from Every Angle

You'll love these extra benefits offered by Highmark and Unitarian Universalist Association.

A health plan can do a lot more than help you pay your medical bills. In a perfect world, your health plan would go out of its way to help you stay healthier, happier, and more financially secure. Every day.

Following are some of the key features you get with your health plan coverage at no extra cost. Better still — each of these can help you live healthier now and in the future.

*We'll help you:*



## Lose weight, get active, eat healthier, and lower your disease risk

**Wellness coaching:** Sign up for one-on-one phone support with a wellness coach. Plus, you'll get the added benefit of a wellness coach who contacts you when you need help to make lifestyle changes.



## Manage your health condition

**Blues On Call™:** Get answers to your health and medical questions with this 24/7 nurse line.

**Best Doctors:** Get a second opinion from a physician.

**Baby BluePrints®:** Feel secure and confident with our maternity education program.

**Disease Management Programs:** Receive one-on-one nurse support for asthma, diabetes, heart disease, and other chronic conditions.

**Complex Case Management:** Stay organized and on top of your treatment plan with help from a case manager when you have a critical health conditions.

**Surgical Decision Support:** Get easy access to feedback when facing surgery. Plus a nurse case manager will reach out to help you make the right decision for you.



## Make smarter, better-informed health decisions

**Sharecare:** Take advantage of this one-stop digital platform that allows you to:

- Discover your RealAge (it only takes minutes).
- Track your health habits.
- Get personalized health information.
- Monitor your sleep, stress levels, fitness, and more — in real time.
- Get more from Sharecare with:
  - **Sharecare Rewards** — Talk to about the rewards you can win.



## Get quick answers to your coverage questions

**Member Service:** Enjoy friendly, knowledgeable help from our customer service team. Bonus benefit: Your plan also gives you access to an advocacy team that helps you get the most from your coverage.

Discover more about these benefits today at [highmarkbcbs.com](http://highmarkbcbs.com), or by calling **+1 800-796-6502**.



Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

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

Baby BluePrints is a registered mark of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

Best Doctors is an independent company that manage the virtual second medical opinion program on behalf of Highmark.

Sharecare is a registered trademark of Sharecare, Inc., an independent and separate company that provides a consumer care engagement platform for Highmark members. Sharecare is solely responsible for its programs and services, which are not a substitute for professional medical advice, diagnosis or treatment. Sharecare does not endorse any specific product service or treatment. Health care plans and the benefits thereunder are subject to the terms of the applicable benefit agreement.

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 usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

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