

# Stop health problems before they start.

## Find a primary care provider you can count on.

When you have a primary care provider (PCP), it's easy to get the well visits and preventive screenings that are vital to your health.

Getting routine care also means that if a health issue arises, you already have a PCP who knows you and your unique health needs. Your PCP can:

- **Diagnose and help you manage conditions like diabetes, high blood pressure, and anxiety.**
- **Catch health issues early when they're easier to treat.**
- **Help you find a specialist when you need one.**

Don't miss out on a relationship that leads to better health.



Scan the **QR code** to download the **My Highmark** app.



Because Life.™



## Find a PCP today.

To get started, download the **My Highmark** app or visit **MyHighmark.com**. Register or log in using your existing Highmark username and password. Then click on **Get Care** and then **Provider Search**.

For even more support, your plan comes with a dedicated care team that can help you:

- Find a PCP.
- Connect you to resources to manage chronic conditions.
- Help you understand your benefits.

Give your team a call at the number on the back your member ID card for help.

# Start a relationship with a primary care provider today.

It's easy to find a PCP by visiting **MyHighmark.com** or downloading the **My Highmark app**. Many of our in-network providers offer both in-person and virtual visits. Once you've selected a PCP and call to schedule, you can find out if virtual visits are an option.



Scan the **QR code** to download the **My Highmark app**.



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