

# As a Highmark member, enjoy wellness tools that fit your life.



## Wellness Coaching

Looking to lose weight? Quit smoking? Be more active? A wellness coach can create a personalized plan for your schedule, right over the phone. Sessions are free and totally confidential.

## Disease Management Programs

Need help managing a chronic condition? Receive one-on-one nurse support for conditions like asthma, diabetes, heart disease, and other chronic conditions.

## Baby Blueprints®

Our maternity education program for mom-to-be questions and over-the-phone support from a nurse health coach. Call 1-866-918-5267 to enroll.

## Diabetes Management

A personalized, at-home solution that helps you manage your type 1 or type 2 diabetes. If eligible you will receive a free smart blood glucose meter, unlimited test strips, and virtual visit access to a care team of Certified Diabetes Educators (CDEs), nutritionists, pharmacists, and board-certified endocrinologists.

## Virtual Physical Care

### Powered by Sword

Experience relief from joint and muscle pain on your schedule, wherever it's convenient for you. This program connects you virtually to licensed physical therapists, guided exercises, and ongoing education.

## Mental Well-Being

### Powered by Spring Health

Access to mental health resources, providers, on-demand support, real-time scheduling, care plan visibility and check-in assessments.

## Kidney Care Management

Care coordination program that works with you and your doctor to help manage your kidney health.

**Download the My Highmark app or visit [MyHighmark.com](https://MyHighmark.com) to find health programs and activities to reach your health goals.**

**Questions?** Call the number on the back of your medical ID card.