

Wellness Tools and Additional Benefits

Available in Your GuideStone® Health Plan¹

GuideStone's health plans include a rich array of tools and additional benefits to help maximize your health and enrich your life.

Wellness Tools and Programs

Staying healthy is easier than ever — **you just need the right tools!** Learn what's available in your GuideStone health plan.

Visit [GuideStone.org/WellnessTools](https://www.GuideStone.org/WellnessTools).


Highmark®

The Highmark Well360 Team is made up of medical, benefits and service experts who can help you understand your benefits and find in-network health care providers.

Contact the Well360 Team:

- Visit [MyHighmark.com](https://www.MyHighmark.com)
- Install the [My Highmark app](#) or
- Call 1-866-472-0924 (the number on the back of your medical ID card)

See what people are saying about Highmark:



"Diane was fabulous. I used to have coverage under my husband and had to switch to COBRA. The deductible was supposed to be merged, and it didn't happen. I was lucky enough to get Diane, and she did the research to make sure that everything was getting merged. Diane called me today to let me know it was all taken care of. Diane was great and took the extra step and effort to make sure everything was handled and taken care of. She is a gem that we have."

"I just spoke with Brenda, and she wanted to let us know that Erik did a fantastic job. He took the time to give me information, and I had a lot of questions. He deserves an A+ and high ratings on everything he did today."

Save on Health Care

- [Highmark's Provider Search Tool](#) enables you to stay in-network and estimate your cost.
- [SmartShopper](#)^{®2} allows you to earn cash rewards of up to \$1,000 and reduce your out-of-pocket health care costs by shopping for health care procedures with SmartShopper. Call SmartShopper at 1-866-285-7475 to speak to a personal assistant.
- [Teladoc](#)^{®3} (telemedicine provider) provides access to certified providers, all day, every day — even holidays — for general medical care. Register today at [Teladoc.com/GuideStone](https://www.Teladoc.com/GuideStone). Your Teladoc services include **General Medical, Dermatology and Mental Health**.

Take Charge of Your Health

- **Highmark** gives you a comprehensive set of tools, resources, care management, wellness and member solutions to lead your healthiest possible life. Take advantage of programs like health coaching and the **Baby BluePrints® program**.
- **Blue Distinction® Centers** are high-quality hospitals that can help lower your chance for complications and shorten your stay. Blue Distinction is a designation awarded to hospitals proven to deliver superior results for complicated, costly procedures.
- **Thrive By Sword®** pairs you virtually with a sword-licensed physical therapist, who assesses your pain and tailors a program to your unique needs. Sword offers a digital solution for those experiencing pain in the back, neck, shoulder, elbow, wrist, hip, knee, ankle or pelvic area. You have access to this benefit at no additional cost and with no visit limitations. Please review the **Sword Virtual Physical Care Tutorial** for additional information. Book your free consultation today at Join.SwordHealth.com/BCBS.
- **Twin Health®** delivers individualized guidance to help members with type 2 diabetes. It is a dynamic, digital representation of a person's unique metabolism, built from thousands of data points gathered daily from non-invasive wearable sensors and self-reported preferences. For additional information, please view the **Twin Health – Just for You video** and a video at GuideStone.org/TwinHealth to see how Twin Health has helped GuideStone members reverse type 2 diabetes. Start reversing your type 2 diabetes by signing up for Twin Health at Connect.TwinHealth.com/GuideStone.
- **Cylinder** is a new wellness tool to help you improve your digestive health at no additional cost to you. The program includes access to a dedicated team of clinically trained health coaches and tools, such as an at-home microbiome test. **Learn more** today!

Additional Benefits

Your GuideStone health plan protects **more than your health**. It also provides for your entire well-being with these additional benefits.

Visit GuideStone.org/AdditionalBenefits.

- **BCBS Global® Core** – Members traveling outside the United States have access to health care providers and hospitals in more than 200 countries and territories around the world. Download the **BCBS Global Core app** or go to BCBSGlobalCore.com to find providers, translate medical terms and access emergency care information when you're outside the United States.
- **Blue365®** – This member discount program can help you save on products and services that are not part of your health coverage. To browse all the deals, go to Blue365Deals.com.
- **Experian IdentityWorks^{SM4}** – Highmark BCBS provides Experian IdentityWorks to help members who are victims of identity theft. Enrollment is required at ExperianIDWorks.com/Highmark. Members must provide their personal information to enroll online or via phone. You will receive an email in December to confirm your coverage for the next year.
- **Vision Benefit** – For individuals in the majority of GuideStone's plans, your vision benefit covers one annual eye exam per covered family member. The coverage does not include the cost of glasses or contact lenses. You must use an in-network provider to receive this benefit. The vision benefit is not available in all plans. Please review your plan booklet for details.

¹Not available with Cigna Healthcare International and Medicare-coordinating plans. ²SmartShopper is not available with Blue High Performance NetworkSM or Medicare-coordinating plans. ³High Deductible Health Plan (HDHP) members are required to pay the full consultation fee until they have met their deductible/co-insurance requirements. Teladoc Mental Health benefits are not available on Secure Health plans. ⁴The Identity Theft Insurance is underwritten and administered by American Bankers Insurance Company of Florida, an Assurant company. Please refer to the actual policies for terms, conditions, and exclusions of coverage. Coverage may not be available in all jurisdictions.