



WELLNESS TOOLS AND ADDITIONAL BENEFITS

Available in Your GuideStone® Health Plan

GuideStone's health plans include a rich array of tools to help you maximize coverage dollars and additional benefits designed to 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).

Clarity

The Clarity Team offers a personalized approach to navigating your care. Not only do they listen and understand your health care needs, but they also use their expertise to help you better manage your condition and care.

Clarity is just a tap, click or call away. You have one mobile app and one phone number.

[My Highmark app](#) | 1-866-472-0924

Get to know [Clarity](#).



See what they are saying about Clarity:

"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](#)® allows you to earn cash rewards of up to \$1,500 and reduce your out-of-pocket health care costs by shopping for health care procedures with SmartShopper. Access SmartShopper by calling 1-866-285-7475 to speak to a personal assistant.
- [Teladoc](#)® (telemedicine provider) means that you have 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**.

*Cigna International and Medicare-coordinating plans are excluded from wellness tools and additional benefits. Global Core plans do not have access to Clarity. SmartShopper is not available to Blue HPN plans. Teladoc mental health benefits are not available on Secure Health plans.

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 lower your chance for complications and shorten your stay. Blue Distinction is a designation awarded by the [Blue Cross Blue Shield Association](#) 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. Thrive by Sword offers a digital solution for those experiencing pain in the back, neck, shoulder, elbow, wrist, hip, knee or ankle. Utilizing wearable FDA-listed motion sensors and the sword tablet to guide movement, the physical therapists evaluate real time biofeedback as you go through the exercise sessions. The physical therapist provides ongoing virtual support and guidance throughout the program and is available for questions along your journey. You have access to this benefit at no cost and with no visit limitations. Please review the [Sword Virtual Physical Care Tutorial](#) and [Frequently Asked Questions](#) 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 review the [Frequently Asked Questions](#). Start reversing your type 2 diabetes by signing up for Twin Health at [Partner.TwinHealth.com/GuideStone](#).

Watch the video at [GuideStone.org/TwinHealth](#) to see how Twin Health has helped GuideStone members reverse type 2 diabetes.



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 doctors 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 health care 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™** — 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. **Please note:** 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.