

# Stay informed. Stay healthy.

Update your communication preferences and contact information on the Highmark member website.

Did you know you can receive text and/or email messages and reminders personalized to you and your health care plan? Simply provide your email and/or phone number on the Highmark member website and choose how you want to be contacted.



## Providing your contact information and updating your communication preferences is easy:

### Log in to [highmarkbcbs.com](https://highmarkbcbs.com)

- Click on **Your Account** and select **Account Settings**
- To enter or updates your contact information, click on **Contact Information** and enter your email address and/or phone number.
- To update your preferences, click on **Contact Preferences** then check the boxes next to **Yes, text me** and/or **Yes, email me**.



## Questions?

For more info, call **Member Service** at the number on the back of your card.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue and Shield Association.

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Text and data rates may apply. No one under the age of 18 may use this service. For more information, please visit Highmark's Text Terms of Service: <https://www.highmark.com/hmk2/texting.shtml>.

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).

请注意：如果您说中文，可向您提供免费语言协助服务。

请拨打您的身份证背面的号码（TTY：711）。