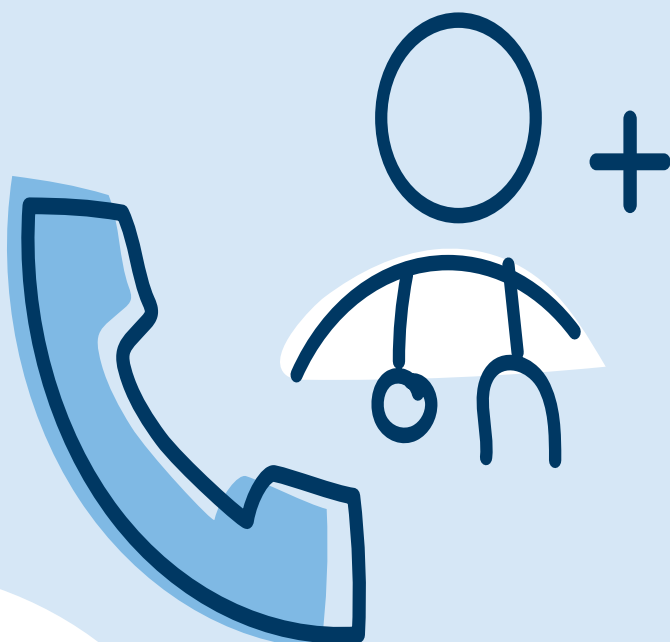


# Did you know you have access to a nurse through Highmark medical benefits?

It's true! Nurses are here to help you navigate your health journey and make more informed health care decisions. The nurses and other medical professionals can assist with symptom assessment, provide health-related information and discuss treatment options.



## Why engage with a nurse?

- Risk about any health concern
- Learn about resources available to better manage a chronic condition
- Prepare for doctor visits, so you ask the questions important to you
- Prepare for a medical test or upcoming surgery
- Ask questions about your medications
- Discuss treatment options
- Ask advice on seeking medical treatment for sudden onset of symptoms
- Find wellness programs to reduce stress, stay healthy, manage weight, stay active or quit smoking

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

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）。

**Call Member Service at the number on the back of your ID card to speak to a nurse. And, don't forget to answer the phone if you see Highmark calling—it may be your Highmark nurse!**

