



Introducing.. Well360 Connect



New for 2019, Well360 Connect gives you the most comprehensive set of tools and resources, and highest level care management, wellness, and member service solutions to lead your healthiest possible life. Better still — each of these benefits can help you live healthier now and in the future. We'll help you:



Lose weight, get active, eat healthier, and lower your disease risk

Wellness coaching: Sign up for one-on-one phone support with a wellness coach. Plus, you'll get the added benefit of a wellness coach who contacts you when you need help to make lifestyle changes.



Manage your health condition

Blues on Call: Get expert answers to your health and medical questions with this 24/7 nurse line.

Best Doctors: Get a second opinion from an expert physician.

Baby Blue Prints: Feel secure and protected with our maternity education program.

Disease Management Programs: Receive one-on-one nurse support for asthma, diabetes, heart disease, and other chronic conditions.

Complex Case Management: Stay organized and on top of your treatment plan with help from a case manager when you have a critical health conditions.

Surgical Decision Support: Get access to expert feedback when facing surgery. A nurse case manager will reach out to help you make the right decision for you.



Make smarter, better-informed health decisions

Sharecare: Take advantage of this one-stop digital platform that allows you to:

- Discover your RealAge (it only takes minutes).
- Track your health habits.
- Get personalized health information.
- Monitor your sleep, stress levels, fitness, and more — in real time.



Get quick answers to your coverage questions

Call **1-866-472-0924** for enhanced high-touch Member Service support and to reach licensed health care professionals for any questions and guidance. Your plan also gives you access to an advocacy team that helps you get the most from your coverage.

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）。 >

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Discover more about these benefits today by calling Member Service at 1-866-472-0924.

