



You're a pro at staying connected.

You deserve health coverage that keeps you connected, too.

With your **Highmark Well360 Team**, there's always someone looking out for you. So we'll check in if we see you're dealing with a health issue or need support.

Here are some of the experts you may hear from.

Nurses:

Stress less and focus on getting well with nurses who can support you if you have a new diagnosis or chronic condition. If you're admitted to the hospital, these nurses are by your side every step of the way.

Behavioral Health Clinicians:

Start feeling better right away. These professionals can help you choose a therapist, find self-guided exercises, and make the most of other mental health resources that come with your plan.

Care Navigators:

Find a new primary care provider (PCP) or specialist without the hassle. These experts can recommend high-quality providers, make sure you're going to the right place for care, and help transfer medical records.

Wellness Coaches:

Stay motivated and encouraged as you reach your health goals. Our coaches can design a plan to help you tackle any healthy habit. Get support for nutrition, sleep, stress management, chronic conditions, and more.

Keep an eye out for our call.

We might call to connect you with some of the specialists listed here.

To message us directly, scan the QR code to log in to **My Highmark** and click **Support**.



Because Life.™



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