Living Health solutions help your team thrive.

HIGHMARK
Because Life.™

With **Highmark's Living Health solutions**, members get care that revolves around them. This makes it easier to access, understand, and manage their health. It's simple, personalized, and supported by connected services that promote better outcomes, lower costs, and a more remarkable care experience.

Here's a quick look at what's available to members with Small Group coverage:

My Highmark Our easy-to-use app and website provide a one-stop destination for health and wellness needs, including benefit details, claims information, and member education. Everything employees need is just a few clicks away. Visit **MyHighmark.com.**

Mental Well-Being
powered by Spring Health

provides personalized mental health support through My Highmark. Using clinically proven assessments, members are connected to care that best fits their needs. Support may include therapy, coaching, digital exercises, and other resources designed to improve mental well-being, available anytime, anywhere.

Well360 Virtual Health

gives employees 24/7 access to board-certified doctors for urgent care, primary care, women's health, and dermatology.

Noom: Weight Management

is our proven all-in-one solution for losing weight , preventing diabetes, and supporting those living with type 2 diabetes. With lessons, smart tools, and one-on-one and community support, it helps employees create healthy habits that last.

Noom: Weight Management includes three programs:

- Noom: Weight
- Noom: Diabetes Prevention Program
- Noom: Diabetes Lifestyle

Virtual Joint Health Program,
Thrive by Sword

is available to employees at no additional cost through their health plan. It connects them with a licensed physical therapist who creates a personalized recovery plan — complete with a motion-tracking tablet and direct chat access for ongoing support.

Oncology Value-Based Care

is a member-focused program that combines a digital symptom-management app with 24/7 access to oncology nurses. With this benefit, members receive real-time guidance, proactive outreach, and support throughout their cancer journey, helping them feel more connected and supported between appointments.

Kidney Health Management Program

offers personalized care coordination for your employees — at no additional cost. Working alongside their doctors, our Care Navigators focus on early detection and proactive management to help your employees take control of their kidney health and overall well-being.

To learn more, contact your client manager or broker today, or visit HighmarkLivingHealth.com.



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Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Western and Northeastern PA: Highmark Inc. d/b/a Highmark Blue Cross Blue Shield, Highmark Coverage Advantage Inc., Highmark Health Insurance Company, First Priority Life Insurance Company or Highmark Care Benefits Inc. **Your plan may not cover all your health care expenses. Read your plan materials carefully to determine which health care services are covered. For more information, call the number on the back of your member ID card or, if not a member, call 866-459-4418.**

West Virginia: Highmark West Virginia Inc. d/b/a Highmark Blue Cross Blue Shield. **Visit https://www.highmarkbcbswv.com/networkaccessplan to view the Access Plan required by the Health Benefit Plan Network Access and Adequacy Act. You may also request a copy by contacting us at the number on the back of your ID card.**

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All references to "Highmark" in this document are references to the Highmark company that is providing the member's health benefits or health benefit administration and/or to one or more of its affiliated Blue companies.

Mental well-being is offered by your health plan and powered by Spring Health. Spring Health is an independent company that provides mental health care services through its agents. Spring Health is solely responsible for their mental health care services.

Well360 Virtual Health is offered by your health plan and powered by Amwell. Amwell is an independent company that provides telemedicine services and does not provide Blue Cross and/or Blue Shield products or services. Amwell is solely responsible for their telemedicine services.

Thrive is available at no additional cost to all members (age 13 and over) as an additional program through your health plan. Individuals ages 13 – 17 will need to obtain consent from their parent or guardian. Always seek the advice of your physician or other qualified health provider with any questions or concerns regarding a medical condition and before you begin a wellness program. It is important to understand that results are not guaranteed and may vary for each individual. Thrive is a Sword Health program. Sword Health is an independent company that provides wellness services for your health plan. Sword Health Professionals provides its services through a group of independently owned professional practices consisting of Sword Health Care Providers, P.A., Sword Health Care Providers of NJ, P.C., and Sword Health Care Physical Therapy Providers of CA, P.C.

Noom is an independent company that provides behavior change and lifestyle modification services to address weight management, prevention of type 2 diabetes and support for type 2 diabetes.

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, including sex stereotypes and gender identity.

ATTENTION: If you speak English, free language translation and interpretation services are available to you. Appropriate auxiliary aids and services (such as large print, audio, and Braille) to provide information in accessible formats are also available free of charge. Call the number on the back of your ID card (TTY: 711) for help.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de traducción e interpretación de idiomas. También hay disponibles ayudas y servicios auxiliares adecuados (como letra grande, audio y Braille) para proporcionar información en formatos accesibles sin cargo. Llame al número que figura al dorso de su tarjeta de identificación (TTY: 711) si necesita ayuda.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Übersetzungs- und Dolmetscherdienste zur Verfügung. AuƏerdem sind kostenlos entsprechende Hilfsmittel und Dienstleistungen (wie GroƏdruck, Audio und Blindenschrift) zur Bereitstellung von Informationen in barrierefreien Formaten erhältlich. Wählen Sie hierfür bitte die Nummer auf der Rückseite Ihrer Ausweiskarte (TTY: 711).

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