

# WELLNESS SERVICES



## TOOLS AND RESOURCES

Take charge of your health with these online tools and resources.

**Diabetes Prevention Program** — Feel better, have more energy, reduce stress, and lose weight. With coaching and the support of our community, you can build healthy habits that can last a lifetime.

Our Diabetes Prevention Program offers two ways to engage. Both are **12 months** in length, comprehensive, recognized by the Centers for Disease Control and Prevention (CDC), and available at **no cost to you** as part of your coverage, if you meet the criteria on the CDC prediabetes screening tool. For more information, call the Blues On Call<sup>SM</sup> number on the back of your member ID card.

**Wellness Coaching** — Reach out to a health coach for help in managing a healthy lifestyle with access to programs such as smoking cessation and weight management.

To talk to a coach or enroll in a program, call **1-888-258-3428**.

**Disease Management Programs** — Get expert help from a nurse when you are faced with the day-to-day challenges of managing chronic conditions such as asthma and diabetes.

For more information and to talk to a nurse, call Member Service at **1-866-472-0924**.



For more information about these health and wellness resources, log in to [highmarkbcbs.com](http://highmarkbcbs.com).

**Wellness Discount Program** offers special savings and discounts up to 30 percent on non-covered wellness products and services from leading national companies in a wide range of categories. Members can get discounts on weight management programs, hearing and vision services, fitness gear, fitness center memberships, vitamins, and more. For more information, log in to [highmarkbcbs.com](http://highmarkbcbs.com).

**How To Be Tobacco Free** program lets you work with coaches who are trained in tobacco cessation. Coaches help you to identify triggers, develop coping skills, overcome barriers to quitting, and access nicotine replacement therapy options. You can enroll by calling **1-888-BLUE-428 (1-888-258-3428)**.

**Blues On Call<sup>SM</sup>** — Access to a 24-Hour Nurseline. This member service puts you in touch with a nurse that can discuss in confidence any health topic that concerns you. Connect with Blues On Call<sup>SM</sup> anytime of the day or night by calling **1-888-BLUE-428 (1-888-258-3428)**.

**Baby BluePrints<sup>®</sup>** — If you are pregnant, join the free Baby BluePrints<sup>®</sup> maternity education and support program. You'll be able to connect on all aspects of pregnancy and childbirth with support via online resources and a health coach. To enroll, call Member Service at **1-866-472-0924**.

Baby BluePrints and Blues On Call are registered service marks of the Blue Cross and Blue Shield Association.

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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