

# As a Highmark member, your tiny card gets you lots of perks.



## Highlights

- **New ID Cards**  
You will be receiving a new member ID card for July 1, 2024. Be on the lookout for your new ID card to arrive in the mail and begin to use your new card.
- **Open Enrollment Dates: May 1-31**
- **Questions about Medical Benefits?**  
**Call 844-946-6238**  
Performance Blue EPO Reference Code:  
**P0050222**  
Performance Blue PPO Reference Code:  
**P0040222**

## Important Contacts

**ACSHIC Website**  
acshic.com

**Highmark Connect**  
844-946-6238  
MyHighmark.com

**United Concordia Dental**  
1-866-604-8512  
ucci.com

**Davis Vision**  
1-800-999-5431  
davisvision.com



## My Highmark

My Highmark has everything you need to manage your benefits and reach your health goals — all in one place. Get instant access to your digital medical ID card, tools and resources, claims updates and more. Download the My Highmark app or visit [MyHighmark.com](https://MyHighmark.com).

## Connect

Your dedicated Connect team is made up of nurses, wellness coaches, social workers, and customer care advocates. They can help you understand your coverage, coordinate your care, and find the right tools to help you manage your health. Call **844-946-6238** to reach your Connect team.

## Well360 Virtual Health

Well360 Virtual Health saves time and gets you care — wherever it's convenient for you. With virtual visits, you can see an in-network provider for health-related concerns that can be treated from home.

## Virtual Physical Care

### Powered by Sword

Experience relief from joint and muscle pain on your schedule, wherever it's convenient for you. You'll work with a dedicated physical therapist to design an at-home exercise program to fit your busy schedule and needs. Sword will also provide you with motion tracking technology to help guide you through the exercises.



Because Life.™

## Wellness Coaching

Looking to lose weight? Quit smoking? Be more active? A wellness coach can create a personalized plan for your schedule, right over the phone. Sessions are free and totally confidential.

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## Lark

Lark is a 24/7 texting-based app that puts you in touch with a digital coach. Lark can help with everything from tracking your diet and medications to addressing stress and sleep.

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## Blue365®

Discounts to help you stay healthy and active. From workout gear to personal wellness to healthy meal services, Blue365 gives you member-only deals at [blue365deals.com](https://blue365deals.com).

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## Baby Blueprints®

Our maternity education program for mom-to-be questions and over-the-phone support from a nurse health coach. Call **1-866-918-5267** to enroll.

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## Blues On Call<sup>SM</sup>

Medical concerns during off hours? Just call **1-888-BLUE-428** to get guidance from a registered nurse any time.



Because Life.™

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Lark is an independent company that manages digital health and wellness coaching programs on behalf of your health plan.

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Baby Blueprints is a registered mark of the Blue Cross Blue Shield Association.

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