

# Not feeling up to leaving your couch?

My Highmark brings together everything you need to manage your health — all in one place. You can:

- Access your virtual member ID card, manage your costs, and search for care.
- Receive personalized recommendations for health programs.
- Find virtual health tools and activities to help you reach your goals.

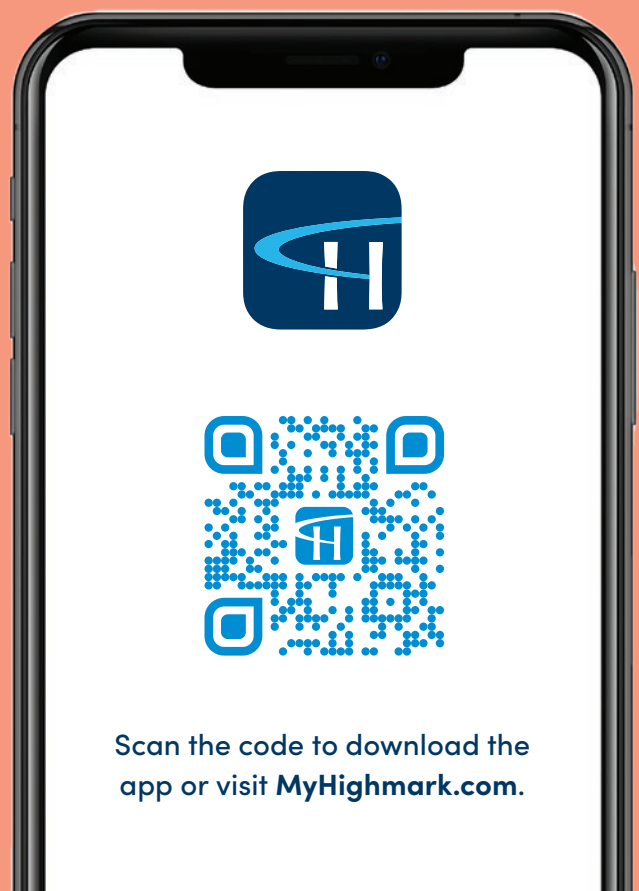
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Already have an online account?  
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Because Life.™

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Scan the code to download the  
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**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.**

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.

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Tenemos servicios gratis de interpretación para responder cualquier pregunta que pueda tener sobre nuestro plan médico o de medicamentos. Para obtener un intérprete, simplemente llámenos al número que figura en la parte de atrás de su tarjeta de ID (TTY: 711). Alguien que hable español puede ayudarlo. Este servicio es gratis.

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