





## BLUE DISTINCTION® SPECIALTY CARE

# See specialists who get better results.

When you or your family needs specialty care, you want access to providers who best fit your needs. Choosing a specialist or hospital with the right expertise is important.

That's why Blue Cross and Blue Shield companies created a national recognition program — Blue Distinction® Specialty Care — to make it easier for you to find quality care that's right for you.

### **Blue Distinction Specialty Care designations:**

- **Blue Distinction Centers\*:** Health care providers demonstrate quality care and treatment expertise.

Only those providers that first meet nationally established, objective quality measures for Blue Distinction Centers will be considered for designation as a Blue Distinction Center+. When searching on the Highmark member website, Blue Distinction icons indicate specialists who have earned the status for exceptional safety and results.

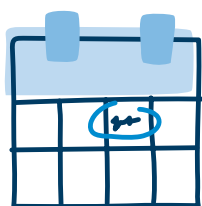
*\*Blue Distinction® Center specialists are available across 11 areas of specialty care.*



#### BLUES ON CALL<sup>SM</sup>

## Answers from a health pro, 24/7.

Medical concerns during off hours? Just call the phone number on the back of your ID card or from the Highmark app to get support from a registered nurse or a health coach any time and put your worries to bed.



#### MY CARE NAVIGATOR<sup>SM</sup>

## Your appointments, booked for you.

It's as simple as calling the phone number on the back of your ID card or from the Highmark app. We'll help you find the in-network doctor you need and reserve some space on their calendar for a checkup. Which means less on-hold music for you.



#### VIRTUAL HEALTH

## Face-to-face with a doctor, 24/7.

Need to see a doctor but can't get to their office? Get a diagnosis, treatment plan, or prescription any time, right from your phone or computer. You can register at [amwell.com](https://www.amwell.com) via the mobile app, or over the phone using the number on the back of your member ID card. That's laid-back-in-a-recliner easy.



#### DIABETES PREVENTION PROGRAM

## Tips on how to avoid diabetes.

Lower your risk with simple, effective, practical strategies.



#### DISEASE MANAGEMENT PROGRAMS

## Help managing chronic conditions.

Receive one-on-one nurse support for conditions like asthma, diabetes, heart disease, and other chronic conditions.



#### EMERGENCY CARE

## When you need it most, you're covered.

Emergency care is always covered at the in-network level of benefits, wherever you get it. So don't hesitate. If it's an emergency, go straight to the nearest emergency room or dial 911.



#### WORLDWIDE CARE

## Support around the globe.

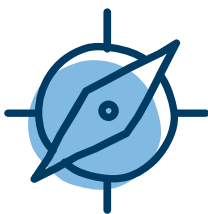
No matter where you travel, the Blue Cross Blue Shield Global® Core Program gives you access to providers for your health care needs. For worldwide help, just call 1-800-810-BLUE.



#### MENTAL HEALTH CARE

## Get care for your mind, too.

Highmark covers a wide range of mental health services, including counseling and treatment. You get a choice of providers within your plan for the type of care that fits your situation best.



#### SUBSTANCE ABUSE CARE

## Guidance to keep you on track.

Highmark covers a spectrum of substance abuse services. Pick the substance abuse professional you feel will give you the necessary care from our list of providers.





## MATERNITY CARE

# Caring for moms is about so much more than labor and delivery.

With Highmark, you get access to numerous facilities designed around comprehensive women's care, personal attention, and a family-centered approach during this special time.

You also have access to programs focused on advanced technology and expertise in neonatal care and OB-GYN specialty care.

- OB-GYNs specializing in high-risk pregnancy, maternal fetal medicine, and fertility
- Board-certified pediatricians and pediatric subspecialists
- Childbirth and certified lactation experts

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### Baby Blueprints® Program

**Pregnancy can be exciting and overwhelming all at once. That's why Highmark's Baby Blueprints program guides you every step of the way. It's a no-cost program that provides you with educational resources and personalized attention from your own specially trained health coach.**

**Call 1-866-918-5267 to take advantage of Baby Blueprints today.**