

Improve your employees' quality of care while keeping them more productive.



Highmark's approach to care — our **Living Health model** — helps improve overall employee health by getting them more engaged in their own care. And our integrated portfolio of services makes it easy for your employees to access tailored solutions that meet their needs.

We focus on health, not just health care.



Diabetes Care Management Program powered by Onduo provides one-on-one support and individualized care plans to effectively control diabetes.



Mental Well-Being is a solution that offers high-quality virtual mental health care, including personalized support to guide members along the way.



My Highmark is the one-stop digital experience that makes it easier to manage health, with programs tailored to individual interests and needs.



Well360 Virtual Health gives members 24/7 access to virtual urgent care, as well as convenient access to schedule virtual visits for behavioral health, primary care, dermatology, and women's health.



Virtual Physical Care Management powered by Sword offers digitally guided physical therapy for members — anytime, anywhere — to help them overcome joint and muscle pain.



Because Life.™

SMPL™ | A HEALTH LITERACY INITIATIVE

To learn more, contact your client manager or broker today, or visit highmark.com/employer.



Because Life.™

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Onduo is a separate company that provides a virtual diabetes care program for Highmark members. Eligibility is determined by several factors including the member's medical status, coverage, and historical medical claims. Eligible members will receive direct outreach to enroll. If members are not initially able to enroll, they may be able to when they meet eligibility criteria.

Sword Health, Inc. does not provide health care services. Sword Health, Inc. 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. The Sword virtual physical care program is made available with support from Sword Health

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