

# Highmark Resources

## *Diabetes Management Program*

If your blood sugar is higher than normal, but is not in the Diabetic category, take advantage of the Diabetes Prevention program. Scan the QR code to learn more about prediabetes and to find a program near you or online.



## *Virtual Physical Health (Formerly SWORD)*

**Thrive**-Virtual physical therapy for joints from an injury or pain. Program is for ages 13 and older.

**Bloom**-Virtual Pelvic Health-Meet virtually with a PT who specializes in Pelvic Health conditions such as pelvic pain, a bowel or bladder disorder, issues related to intimacy, well-being, pregnancy, postpartum, or menopause. This program is for individuals with vaginal anatomy ages 18 or older.

To enroll in either of these programs, Go to MyHighmark app or Myhighmark.com, Select Benefits tab and then Health and Wellness section, select virtual joint health or virtual Pelvic Health.

## *Spring Mental Health*

Take advantage of our mental health and well-being care. Get personalized care, fast access to a high-quality providers in person or virtually, book therapy and medication management appointments, have access to care navigators and certified health coaches, and digital exercises to help manage stress, calm anxiety and improve sleep.

To enroll in Spring Health, use your Highmark app or go to Myhighmark.com and click on Get Care and scroll down to Mental Wellbeing.

## *Well360 Virtual Health*

Virtual visits with a provider for symptoms and conditions that can be treated from home. You can even have prescriptions and refills sent to your preferred pharmacy. Virtual access to Behavioral Health, Urgent care, Primary Care, Women's Health, Dermatology, and Psychiatry. In your Highmark app or website, login and go to Get Care and scroll to Well360 Virtual Health.

*Highmark  
App*

Download the Highmark app of your device to manage benefits, reach health goals, etc.



## Specific Medical Conditions

You must qualify with a specific medical condition for these programs.

*Healthmap  
Kidney Program*

Highmark has partnered with Healthmap, a leading kidney health management company. Healthmap offers a care coordination program at no additional cost that works with you and your doctor to help manage kidney health. To learn more about Healthmap, please scan the QR code.



*Onduo  
Diabetes  
Management  
Program*

Type II Diabetes Management is a virtual care program, you can use your phone or app to gain access to a virtual health clinic and a team of providers to help you manage. You will get a personalized plan with ongoing coordinated support between visits to your primary doctor. You will get a smart blood glucose monitor and unlimited test strips. Scan the QR code to enroll.

