

Live healthier for less.

Save big this year with low-cost benefits.

Get a wellness card — \$600 for individuals, \$750 for families

A wellness card helps you live better, with an annual allowance for a variety of services, including gym memberships, fitness classes, health food stores, and more.

Expanded virtual health for a \$0 cost share

Connect with a doctor online, 24/7, through your My Highmark portal and app. Virtual health solutions include urgent care, primary care, women's health, dermatology, behavioral health, and physical therapy.

\$0 pediatric care

Help your kids stay healthy and happy with routine wellness visits and quality care. \$0 copays apply to both primary care and specialist visits.

Low annual out-of-pocket maximum.

Once your yearly spending reaches \$3,000 (individual) or \$6,000 (family), we pay for any additional care needed.

\$0 copay for prescription medications

Save money at the pharmacy with more than 600 brand-name and generic medications that have no copay, along with hundreds of other affordable medications.

Support for managing type 2 diabetes

Onduo[®] offers digital tools to help track blood sugar and manage diabetes. See an endocrinologist or other care provider via a virtual health clinic, order prescriptions, and get a continuous glucose monitor — all at no cost to you.

Vision Care Services Discount Program through Davis Vision

Receive a \$0 annual vision exam, plus member discounts on frames, lenses, and contact lenses.

Low copays.

Primary care visits with a \$0 copay and specialist visits with a \$15 copay for adults. Urgent care visits also have a \$0 copay.



Enrolling is easy.

Scan the QR code or visit highmark.com/nyshipwny to get started.





Because Life.™

Doctor On Demand by Included Health is a separate company that provides telemedicine services to Highmark BCBSWNY members.

Davis Vision, Inc. is a separate company that administers Highmark vision benefits.

Onduo is a separate company that provides a virtual care program for your health plan.

Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross Blue Shield Association.

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.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

如果您说中文，可向您提供免费语言协助服务。請致電 1-800-876-7639.

Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al 1-800-876-7639.