

A guide to programs that help the whole you.



HIGHMARK 
WHOLECARE

Because Life.™

**“We work with
our partners
and members
to overcome
barriers, providing
members with
the opportunity
to achieve their
best health.”**

**Ellen Duffield
CEO, Highmark Wholecare**





Being healthy starts where we live, learn, work and play.¹

We know that better medical care is one of many things that helps keep you healthy.

Where you live, learn, work and play impacts your health and quality of life.² For over 30 years, we've offered programs that go beyond medical care. Even when you're not sick, we'll help you on your path to better overall health.

We can connect you to resources for things like:

- Education and job opportunities.
- Healthy foods.
- Safe housing.
- Reliable transportation.

¹ Robert Wood Johnson Foundation

² Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion



It's a Wholecare approach to your health.

How do you find the right program?

How do you get the services you need?

We'll work with you to make sure you have what you need.

The Wholecare Resource Center is here for you. Find help paying bills, putting food on the table and using other free or low-cost programs. Go to [WholecareResources.com](https://www.wholecareresources.com) to get started.

Creating stronger, healthier futures through education and job opportunities.

Financial independence is important for self-worth, less stress, and a healthier, happier life. Our programs can help prepare you for your future by:

- Offering education and employment counseling.
- Providing access to GED study tools and practice tests and paying for the cost of the test.
- Connecting youth to programs like Teen Workforce and STEAM Academy.
- Helping you reach your employment goals.
- Helping you find part-time and work-from-home jobs through specialized job search services.

A healthy diet prevents long-term health conditions.

It's hard to be healthy if you can't get nutritious foods. Our programs get you foods you can feel good about by:

- Delivering food boxes.
- Sending home-delivered meals for those just out of the hospital.
- Connecting you with local food banks to provide nutritious foods.

Access to safe, affordable housing improves better health.

Our housing coordinators can:

- Help you complete housing applications.
- Connect you with rent and utility assistance, including our utility relief fund.
- Work with you and local agencies to help prevent eviction.
- Tell you about lead poisoning and lead testing.





“When I call, they talk to me like I matter. They care about more than my health, they care about my life. I’ve never experienced that from a health plan before.”

Highmark Wholcare
Member

Having reliable transportation is needed for doctor’s visits, grocery shopping and picking up prescriptions.

Our programs will get you where you need to go. Get free rides to doctor visits, the pharmacy, grocery store, community events, health and wellness activities, and more.

Our program works with the Medical Assistance Transportation Program (MATP). MATP gives free rides to doctor visits, the pharmacy and other medical appointments. Each county is different. We can help you sign up.



We work to build resources where you live to help you and your neighborhood thrive.

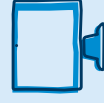
- Our community health workers meet you where you are.
- Our doctors and trusted local groups can help you with housing, getting healthy foods and referrals to legal services.

Connect with us today.



1-800-392-1147 (TTY 711)

8 a.m. – 8 p.m., Monday – Friday



[WholecareResources.com](https://www.WholecareResources.com)

Program eligibility may vary. Call to see if you qualify.



Highmark Wholecare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-800-392-1147(TTY/PA RELAY 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-392-1147 (TTY/PA RELAY 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-392-1147 (телетайп/PA RELAY 711).

Health benefits or health benefit administration may be provided by or through Highmark Wholecare, coverage by Gateway Health Plan, an independent licensee of the Blue Cross Blue Shield Association (“Highmark Wholecare”). **Your managed care plan may not cover all your health care expenses. Read your member handbook carefully to determine which health care services are covered.**