

Stay in the loop.

As a Highmark member, you'll automatically receive text messages with important plan information, such as how to:

- ✓ Find a doctor or pharmacy.
- ✓ Understand prior authorizations.
- ✓ Download helpful Highmark apps.

Go paperless.

So that Highmark can better communicate with you, follow the steps below:

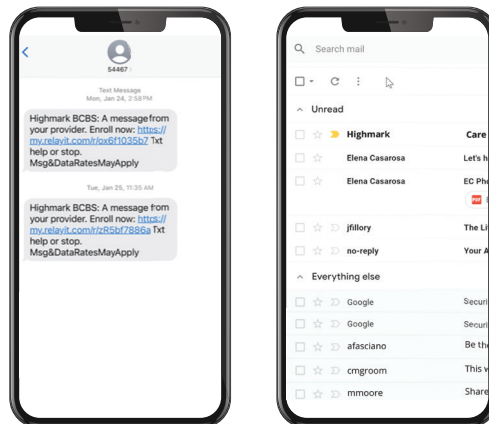
ONLINE AT <highmark.com>

1. Log in and click on **Your Account** next to your name in the upper right corner.
2. Select **Account Settings** and click on **Contact Preferences**.
3. In the green **Go Paperless** section, check both boxes.

How you'll know it's us.

Be sure to add us to your contact list. That way, you'll know the message is safe. Here's how we'll pop up in your mobile messages and inbox:

TEXT: <54467> **EMAIL:** <DoNotReply@highmark.com>



Because Life.™



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ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。