



Extra perks to get care, get answers, and stay healthier.

As a retiree and/or eligible dependent of Pennsylvania State System of Higher Education, you have access to the extra perks listed below.

For additional information on these benefits, call the Customer Service number on the back of your ID card (TTY users may call 711). We are available seven days a week from 8 a.m. – 8 p.m.

BLUES ON CALLSM

Answers from a health pro, 24/7.

Medical concerns during off hours? Just call **1-888-BLUE-428** (TTY 711) to get support from a registered nurse or a health coach anytime and put your worries to bed.

REWARDS

Get rewarded for taking care of yourself.

To learn about preventive-care-based reward and wellness card programs available to all Highmark Medicare Advantage members, visit MyHighmark.com.

HEARING AID BENEFIT

Rediscover the sounds of life.

No-cost routine hearing exams are covered, along with low-cost hearing aids through TruHearing™, or a \$500 allowance every three years for hearing aids from other providers.

FITNESS BENEFIT

Energize your life, one workout at a time.

With SilverSneakers®, you have access to a nationwide network of 17,000 gyms, along with fitness classes and online resources. You can create an account at SilverSneakers.com or call SilverSneakers at 888-423-4632 (TTY 711), Monday–Friday, 8 a.m.–8 p.m.

CUSTOMER SERVICE

Dedicated support, simplified healthcare.

We're here to answer your health insurance questions! Contact our dedicated customer service number on the back of your ID card for assistance with provider searches, claims inquiries, benefit information, and all plan questions.

VIRTUAL VISITS

Face-to-face with a doctor, 24/7.

Need to see a doctor but can't leave home? Get a diagnosis, treatment plan, or prescription anytime, right from your phone or computer. Just call **1-866-883-7358** (TTY 711).

HIGHMARK HOUSE CALL

Once-a-year, in-home health review.

Get a general wellness exam, suggestions for screenings or other tests, and a medicine review. Call customer service or visit MyHighmark.com.

VISION BENEFIT

Clear vision, brighter future.

One routine vision eye exam is covered per year with \$0 copay with Davis Vision, as well as one pair of eyeglass frames with eyeglass lenses or contact lenses every calendar year. Davis Vision Fashion Collection eyeglass frames, standard eyeglass lenses, and standard contact lenses are covered in full.

ENHANCED PART D DRUG BENEFITS

Know what drugs are covered.

Certain Drugs are not coverable (excluded) under Part D even with a prescription. Your plan includes coverage for a list of drugs that are normally excluded under Medicare Part D.

OVER THE COUNTER

Convenient access to free everyday health products.

You can order certain over-the-counter drugs as specified by the plan. You will receive a \$25 allowance per quarter.

MEALS BENEFIT

Meals After Inpatient Discharge.

You can receive 2 meals per day up to 14 days upon Discharge from an Inpatient Hospital or Skilled Nursing Facility Stay.

ROUTINE TRANSPORTATION

Get there with ease.

Combined 24 one-way trips for doctor's appointments, therapy sessions, dialysis treatment, or prescription pick-ups. To schedule a ride, please call the number on the back of your ID card.

CHIROPRACTIC AND FOOT CARE

Stay active and healthy.

Medicare does not typically cover routine chiropractic or foot care services. You have coverage for up to 8 routine chiropractic visits per year and 10 routine podiatry foot care visits per year.

Highmark Blue Shield is a Medicare Advantage HMO, PPO, and/or Part D plan with a Medicare contract. Enrollment in these plans depends on contract renewal. Benefits and/or benefit administration may be provided by or through the following entities, which are independent licensees of the Blue Cross Blue Shield Association:

Central and Southeastern PA: Highmark Inc. d/b/a Highmark Blue Shield, Highmark Health Insurance Company, Highmark Choice Company or Highmark Senior Health Company.

Northeastern NY: Highmark Western and Northeastern New York Inc. d/b/a Highmark Blue Shield.

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.

Blues On Call is a service mark of the Blue Cross and Blue Shield Association. Earn a Wellness Reward for each eligible healthy activity, up to one reward per activity per year. TruHearing® is a registered trademark of TruHearing, Inc. TruHearing is an independent company that administers the routine hearing exam and hearing-aid benefit. SilverSneakers is a registered trademark of Tivity Health, Inc. © 2025 Tivity Health, Inc. All rights reserved. Tivity Health Inc. is a separate company that administers the SilverSneakers program. Well360 Virtual Health is offered by your health plan and powered by Amwell. Amwell is an independent company that provides telemedicine services and does not provide Blue Cross and/or Blue Shield products or services. Amwell is solely responsible for their telemedicine services. Davis Vision, Inc. is a separate company that administers Highmark vision benefits. Other Pharmacies/Physicians/Providers are available in our network.

The Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex, including sex stereotypes and gender identity.

ATTENTION: If you speak English, free language translation and interpretation services are available to you. Appropriate auxiliary aids and services (such as large print, audio, and Braille) to provide information in accessible formats are also available free of charge. Call 1-844-679-6930 (TTY: 711) for help.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de traducción e interpretación de idiomas. También hay disponibles ayudas y servicios auxiliares adecuados (como letra grande, audio y Braille) para proporcionar información en formatos accesibles sin cargo. Llame 1-844-679-6930 (TTY: 711) si necesita ayuda.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlose Übersetzungs- und Dolmetscherdienste zur Verfügung. Außerdem sind kostenlos entsprechende Hilfsmittel und Dienstleistungen (wie Großdruck, Audio und Blindenschrift) zur Bereitstellung von Informationen in barrierefreien Formaten erhältlich. Rufen Sie hierzu die Nummer 1-844-679-6930 (TTY: 711) an, um Hilfe zu erhalten.