

## Health@Hand

*Health and wellness information on the go*

You can now get access to valuable health and wellness information through the Highmark Health@Hand iPhone® application.

Since the iPhone is equipped to know exactly where you are, you can quickly find nearby participating medical facilities and health care providers such as hospitals, urgent care facilities, retail clinics and pharmacies. The app also provides interactive health information that allows you to look up information about illnesses, symptoms and medical conditions. A health and wellness section of the app offers health coaching tips and information about health and wellness programs available to you.

Access to a growing number of health and wellness discounts is also available through the Highmark Health@Hand app as well as your member website. In July, we launched additional member discounts for a variety of national travel, nutrition, fitness, vision, hearing and complementary programs and services from companies such as Reebok, Jenny Craig, LasikPlus, Fairmont, Westin and more.

The Highmark Health@Hand iPhone application is available when you log onto your member website—[www.highmarkbcbs.com](http://www.highmarkbcbs.com)—visit the “Choose Providers” tab and download the application with a registration code. (The app is also available in the Apple iTunes library, but you will be asked to go to the Highmark website and follow the instructions above to get the registration code.)

