

# IMPORTANT CONTACTS



We want to make every step along the way easier. So to save time and eliminate the hassle of searching for names and numbers, take a moment now to complete the contact information below.

**From the back of your Member ID card:**

## CUSTOMER SERVICE

\_\_\_\_\_ or TTY # \_\_\_\_\_ 8 am–8 pm, daily

**MEMBER WEBSITE** \_\_\_\_\_

**BLUES ON CALL HEALTH COACH:** 1-888-258-3428 or TTY 711, available 24/7

**SILVERSNEAKERS® FITNESS PROGRAM:** 1-888-423-4632 or SilverSneakers.com

## PRIMARY CARE PHYSICIAN

Name \_\_\_\_\_ # \_\_\_\_\_

## EYE DOCTOR

Name \_\_\_\_\_ # \_\_\_\_\_

## DENTIST

Name \_\_\_\_\_ # \_\_\_\_\_

**SPECIALIST** \_\_\_\_\_

Name \_\_\_\_\_ # \_\_\_\_\_

**SPECIALIST** \_\_\_\_\_

Name \_\_\_\_\_ # \_\_\_\_\_

**SPECIALIST** \_\_\_\_\_

Name \_\_\_\_\_ # \_\_\_\_\_

**Need free assistance with daily tasks?** Highmark's PALS (People Able to Lend Support) program has volunteers who can help with things like yard work, errands, reading, writing and more. Call **1-800-988-0706** to see if PALS operates in your area. You can request help or learn how to become a PALS volunteer.



### SPECIALIST \_\_\_\_\_

Name \_\_\_\_\_ # \_\_\_\_\_

### PHARMACY

Name \_\_\_\_\_ # \_\_\_\_\_

### URGENT CARE CENTER

Name \_\_\_\_\_ # \_\_\_\_\_

### LOCAL HOSPITAL

Name \_\_\_\_\_ # \_\_\_\_\_

### EMERGENCY CONTACT

Name \_\_\_\_\_ Home # \_\_\_\_\_

Relationship \_\_\_\_\_ Mobile # \_\_\_\_\_

### ADHI DESIGNEE (see ADHI box on first page of this section)

Name \_\_\_\_\_ Home # \_\_\_\_\_

Relationship \_\_\_\_\_ Mobile # \_\_\_\_\_

### HEALTH POWER OF ATTORNEY DESIGNEE

Name \_\_\_\_\_ Home # \_\_\_\_\_

Relationship \_\_\_\_\_ Mobile # \_\_\_\_\_

**MEDICARE:** 1-800-633-4227 or TTY 1-877-486-2048

**SOCIAL SECURITY:** 1-800-772-1213 or TTY 1-800-325-0778

**PACE/PACENET:** 1-800-225-7223

PACE/PACENET is a prescription assistance program for Pennsylvania residents only. For programs in your state, call Customer Service or your local Social Security office.

**We're here for you! Highmark offers Advanced Illness Services to support you, your family and caregiver in dealing with a serious or chronic illness. To talk with a Health Coach, call 1-888-BLUE-428 (1-888-258-3428) or 1-877-888-7834 TTY.**

### YOUR JOURNEY TO BETTER HEALTH