

Health Care Tools and Additional Benefits Available in Your GuideStone Medical Plan

GuideStone's health plans include a rich array of tools to help members maximize your coverage dollars and additional benefits designed to enrich your life. Here's an overview of the extras included in your plans.



Health Care Tools

Staying healthy is easier than ever — you just need the right tools! Learn what's available in your GuideStone® medical plan.



Visit [GuideStone.org/HealthCareTools](https://www.GuideStone.org/HealthCareTools).

Save on Health Care

In-network provider search — Highmark's expansive nationwide provider network offers you access to your preferred doctors and provider discounts of 50% or more.

Teladoc® (telemedicine provider) — Our alliance with Teladoc means you will have access to U.S. board-certified doctors and pediatricians all day, every day — even holidays.

SmartShopper™ — Earn cash rewards of up to \$500 and reduce your out-of-pocket health care costs by shopping for health care procedures with Vitals SmartShopper. Access Vitals via your [Highmark Blue Cross Blue Shield login](#).

Care Cost Estimator — Members can comparison shop for more than 1,600 common health care services, including office visits. There are also options to plan for care choices and manage budgets. Log into your [Highmark Blue Cross Blue Shield account](#) for details.

Manage Your Health Condition

Well360 Connect — Well360 Connect gives you the most comprehensive set of tools and resources and highest-level care management, wellness and Member Service solutions to lead your healthiest possible life.

- **Member Service:** Call 1-866-472-0924 for enhanced, high-touch Member Service support and to reach licensed health care professionals for any questions and guidance.
- **Disease management programs:** Receive one-on-one nurse support for asthma, diabetes, heart disease and other chronic conditions.
- **Surgical decision support:** Get access to expert feedback when facing surgery. A nurse case manager will reach out to help you make the right decision for you.
- **Complex case management:** Stay organized and on top of your treatment plan with help from a case manager when you have a critical health condition.
- **Best doctors:** Get a second opinion from an expert physician.

GuideStone's diabetes programs — See all the options included in your medical plan to help you prevent, manage and reverse diabetes.

MyCare Navigator™ — This dedicated health advocate can help you find the right doctor, schedule appointments, share medical records and obtain a second opinion.

Blue Distinction® Centers — Choosing a high-quality hospital can lower your chance for complications and shorten your stay. Blue Distinction is a designation awarded by the Blue Cross and Blue Shield Association to hospitals proven to deliver superior results for complicated, costly procedures.

Baby Blueprints® — This free program for expectant members and their families provides online in-depth educational information on all aspects of pregnancy. Members also have access to a nurse health coach for individual support.

- **Maternity benefits:** Learn about special health benefits designed to keep you healthy during your pregnancy and subsequent birth of your child.
- **Nurse midwives:** You have the option of working with a nurse midwife during your child's birth.

Take Charge of Your Health

Sharecare (including RealAge® Test) — The Sharecare app is a personalized health and wellness platform that empowers you with information to help you stay healthy and meet your wellness goals. Sharecare's RealAge Test helps you understand your body's true condition compared to your calendar age. You'll also discover ways to improve your health and add healthy time to your life.

Blues on Call™ — Call 1-888-BLUE-428 to get expert answers to your health and medical questions with this 24/7 nurse line.

Wellness coaching — Sign up for one-on-one phone support with a wellness coach. Plus, you'll get the added benefit of a wellness coach who contacts you when you need help to make lifestyle changes.

Smoking cessation — Your health coach can guide you through the hurdles of quitting with convenient programs that give you the information, strategies and support you need to quit at your own pace.

Time to Sleep Well — Sleep is the secret to a longer, happier life. Learn how to fall asleep quickly and reap the benefits of being well-rested.

Additional Benefits

Your GuideStone medical plan protects more than your health. It also provides for your entire well-being with these additional benefits.

 Visit [GuideStone.org/AdditionalBenefits](https://www.guidestone.org/AdditionalBenefits).

BCBS Global® Core — (1-800-810-BLUE (2583)) Members traveling outside the United States have access to doctors and hospitals in more than 200 countries and territories around the world. Download the [BCBS Global Core app](#) or go to [BCBSGlobalCore.com](https://www.BCBSGlobalCore.com) to help you find doctors, translate medical terms and access emergency care information when you're outside the United States.

Blue365® — This member discount program can help you save on products and services that are not part of your medical coverage. To browse all the deals, go to [Blue365Deal.com](https://www.Blue365Deal.com).

AllClear ID — (1-855-229-0079) Highmark BCBS provides AllClear ID to help members who are victims of identity theft. If you are enrolled in a Highmark BCBS health plan, you're automatically enrolled in AllClear ID. For extra peace of mind, enroll in the AllClear ID credit monitoring service. Participants enrolled in credit monitoring are required to renew their enrollment annually at [Highmark.AllClearID.com](https://www.Highmark.AllClearID.com).

Vision benefit — For individuals on most of GuideStone's comprehensive plans, your vision benefit covers one annual eye exam per covered family member. The coverage does not include the cost for glasses or contact lenses. You must use an in-network provider to receive this benefit. The vision benefit is not available for GuideStone's Value Health 5000, Secure Health 3000 or the Kentucky Baptist Convention's Health Choice 3000K.

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