

# Let's manage kidney disease **together.**



## Introducing your kidney health management program

Highmark Blue Cross Blue Shield is working with Healthmap Solutions (Healthmap), a leading kidney health management company. Healthmap offers a care coordination program at no additional cost that works with you and your doctor to help manage your kidney health. Through early detection and better management of your condition, Healthmap's Care Navigators will help you take charge of your health and well-being.

### Your Care Navigator can:

- Work with you one-on-one between doctor visits to provide a personalized approach to your condition.
- Review your medications to make sure you have what you need.
- Help you manage and schedule your doctor visits.
- Connect you with community-based services for meals, transportation, or any financial concerns.
- Provide education on your condition, including dialysis, early transplant planning, and ways to improve your nutrition.

**Kidney disease is manageable.**  
Especially when you have the right team.

To learn more, please call **1-833-877-2181**,  
Monday through Friday, from 8:30 a.m. to 5 p.m. EST.

Or visit **HealthmapKidneyCare.com** by scanning the QR code.



Healthmap Solutions (Healthmap) is a separate company that provides kidney population health management services for your health plan.

Health benefits or health benefit administration may be provided by or through Highmark Blue Cross Blue Shield, Highmark Choice Company, Highmark Health Insurance Company, Highmark Coverage Advantage, Highmark Benefits Group, First Priority Health or First Priority Life, all of which are independent licensees of the Blue Cross Blue and Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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）。