HIGHMARK.

CAN SURROUND

Surrounding You with Hope and Support 24-7.

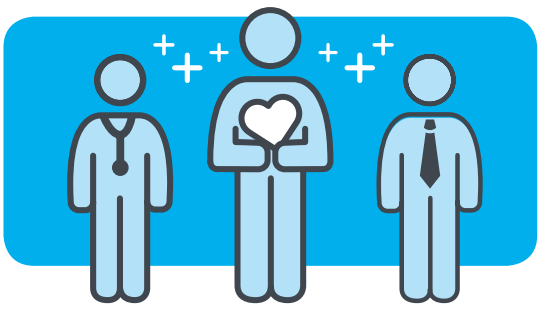
CanSurround Gives You Around-the-Clock Emotional Support in the Fight Against Cancer

If you have cancer, your doctor is there when you map out a plan to fight the disease. And nurses are there when you're getting chemo or radiation treatments.

But at 2 a.m., when you're worried about test results and can't sleep, who is there to listen? To encourage you? To talk you through the worries and fears of cancer?

As a Highmark member, you now have around-the-clock support through CanSurround — including ongoing encouragement from family, friends, and other caregivers.

CanSurround is a 24-7 online support network for Highmark members who are affected by cancer. CanSurround encourages and supports you from diagnosis, throughout your treatment, and beyond.



Through CanSurround, you get access to these and other helpful online tools and resources with just a few easy mouse clicks:

- Checklists & Trackers
- Thought inquiry
- Multimedia journal
- Social support
- Educational & Inspirational messaging
- Mind/Body relaxation exercises

CanSurround is available at no additional cost to you.

To learn more or to enroll, visit highmark.cansurround.com/users/sign_in.

You also can call Blues On Call℠ at 1-888-BLUE-428 (258-3428) for additional support.

Important Notice: CanSurround is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Patients should always seek the advice of their physician or other qualified health provider with any questions or concerns regarding a medical condition.



The Highmark Cancer Collaborative, launched in 2015 in Pennsylvania, addresses the Cancer crisis by bringing together a health plan, regional providers, and national medical researchers to collaborate on unique care pathways and reimbursement models that put member health and safety and financial well-being at the center of value-based care.

Blues On Call is a service mark of the Blue Cross and Blue Shield Association.

CanSurround is an independent company that provides online cancer support to Highmark members.

Insurance and/or benefit administration may be provided by Highmark Blue Shield, Highmark Select Resources, Highmark Health Insurance Company or Highmark Benefits Group, all of which are independent licensees of the Blue Cross and Blue Shield Association.