



Important news your business can use.

Save with Blue365 Discounts for Everyday Health

Members of Highmark Health Plans have access to special deals as part of the Blue365 program. Your employees can save up to 55% on fitness trackers, enjoy gym discounts, and get special savings on healthy eating plans, athletic wear, fitness products and personal care. [Sign up at blue365deals.com](https://blue365deals.com) for weekly offers.

How to Find the Right Primary Care Provider

Having a primary care provider (PCP) is the first line of defense in managing one's health and wellness. That's why Highmark offers tools and resources to help. Members can use our online [Find a Doctor](#) tool to find an in-network PCP or call the number on the back on their insurance card for assistance.

Understanding Alcohol Use Disorder

We talked with Dr. Caesar DeLeo, vice president and executive medical director of strategic initiatives at Highmark Health, about the health risks of alcohol use disorder (AUD). He explained the warning signs of AUD, the stigma that keeps people from seeking help, and the new treatments available. Read [Ask a Doc: Alcohol Use Disorder](#) to understand the impacts of regular alcohol consumption.

Meet Whitney Perkins Witt, PhD, MPH

Dr. Witt joined Highmark in January 2023 as vice president, Social Determinants of Health (SDOH), Strategy and Operations. She was the founding dean of Lehigh University's College of Health and has built her career on public health concerns. In our latest article on [Social Care Advocacy, Research, and Innovation](#), Dr. Witt talks about her work, health equity for pregnant women and children in the COVID era, and how our [Living Health](#) model addresses SDOH.

Highmark Ranks Among “America’s Greatest Workplaces for Diversity”

Newsweek named Highmark Inc. among “American’s Greatest Workplaces 2023 for Diversity.” We received the highest possible score for our commitment to equity, inclusion, and belonging in our workplace culture, practices, and standards. Highmark is also notable for focusing on health disparities, ensuring supplier diversity, and investing in talent. [Read more about this honor.](#)

April Is Stress Awareness Month

Few could have imagined what life would be like today when Stress Awareness Month was first recognized in April 1992. Our stressors are much different and more pronounced, but stress management remains essential to enjoying a healthy life. Take a minute to [learn more about stress, common reactions, and helpful coping skills.](#)

We hope that you find value in these resources.

Your Highmark Team

Please contact your Highmark Client Manager with any questions or to unsubscribe from future Highmark news emails.