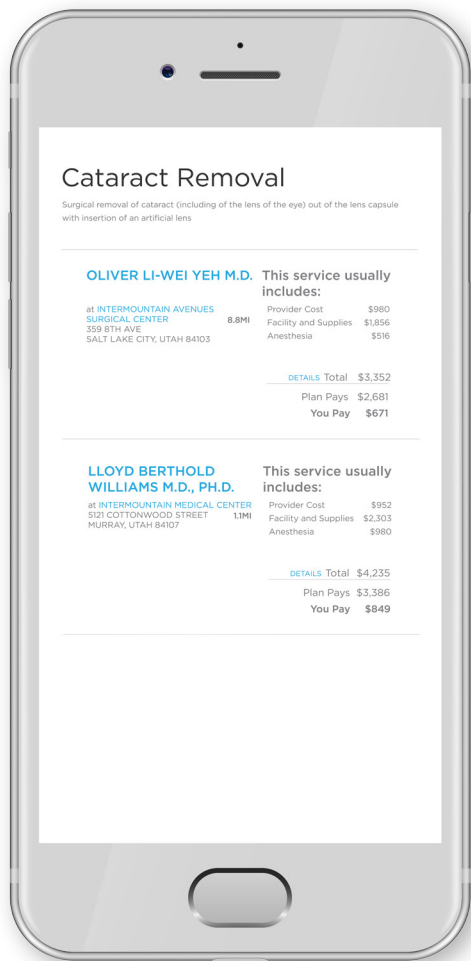


Online Tools

My Health can be accessed from your mobile device or computer by visiting **selecthealth.org**. Once you log in, click the SelectHealth® icon or link and enjoy being an informed healthcare consumer.



MEDICAL COST ESTIMATOR

We can use your benefits to estimate the cost of many healthcare services. For example, we can estimate the cost of cataract removal, including charges for the facility, provider, and anesthesiologist. Bundling these numbers together, we'll estimate how much your plan will cover and what you will pay.

ID CARDS

Lost your ID card? No worries—you can view and print copies of your card on *My Health*.

REQUEST A CALL

Use our call request feature to schedule a call back from our Member Services team at a set time that's convenient for you.

CHAT WITH US

No time for a phone call? Use our secure chat feature to talk with Member Services online. If you need to know if your medication will be covered or how much a doctor's bill was, chat can help.

HEALTHCARE INFORMATION

View your benefits, claims, and deductible levels. Also, many of our contracted providers and facilities can receive secure messages and will even upload lab results, imaging reports, and other health information right to your *My Health* account.