



How to Access Your Carrier ID Card

PRO TIP: When accessing your ID card from a mobile device, take a screenshot and save for future reference.

UnitedHealthcare (UHC)

To view/print your digital ID card, follow these steps:

Computer:

- Visit <https://www.myuhc.com>
- Click "Sign In" to enter your username and password
- Click "View ID Card"
- View your ID card to print

Don't have a username and password yet?

- Click "Register"
- Enter your name, birth date, and Social Security Number to create an account

Mobile device:

- Download the UnitedHealthcare app
- Sign in with your username and password
- Click "View Medical ID" to view your member ID card
- Use the mobile app to show your member ID card at your pharmacy or doctor's office

Questions or trouble accessing your account? Call UnitedHealthcare Customer Service: **888-586-6365**



Kaiser Permanente

To view/print your member information, follow these steps:

Computer:

- Visit <https://kp.org>
- Click "Sign In" to enter your username and password
- Click "Member Information"
- On the "Benefits" pop-up window, click "View Plan and ID"
- You can then print your member information

Don't have a username and password yet?

- Click "Register"
- Click "Create my account"
- Enter your name and birth date

Mobile device:

- Download the Kaiser Permanente app
- Click "Sign In" to enter your username and password
- From your dashboard, click the card icon (top right screen) to view your Member ID
 - You can also save the member ID to your Apple Wallet
- Use the mobile app to show your Member ID at your pharmacy or doctor's office

IMPORTANT NOTE: Your Medical Record Number (MRN) – which identifies your medical records and membership information – is listed on your Kaiser member ID. If you do not have your MRN yet, you may not be able to create a new online account. If you need to access care before you receive your ID card, you must provide the group number and effective date of coverage at your appointment.

Questions or trouble accessing your account? Call Kaiser Permanente Member Services: **800-464-4000**

UMR – PPO Plans

To view/print your digital ID card, follow these steps:

Computer:

- Visit <https://www.umar.com>
- Click "Log in/Register"
- Select "Member" from the drop-down menu
- Click "Log in/Register with HealthSafe ID"
- Click "Sign in" to enter your HealthSafe ID username and password
- From the myMenu dashboard, click "ID Card"
- View/print a temporary ID card

Don't have a HealthSafe ID username and password yet?

- Click "Register now"
- Enter your name, birth date, and Social Security Number to create an account

Mobile device:

- Download the UMR|Health app
- Click "Sign In" to enter your HealthSafe ID username and password
- Use the mobile app to show your Member ID at your pharmacy or doctor's office

Questions or trouble accessing your account? Call UMR's HealthSafe ID Member Services: **800-826-9781**



Express Scripts

To view/print your digital ID card, follow these steps:

Computer:

- Visit <https://www.express-scripts.com>
- Click "Log In" to enter your username and password
- From the main menu, click "Account"
- Click "Member ID Card"
- Click "Download Card" to view/print your temporary Member ID card

Mobile device:

- Download the Express Scripts app
- Click the menu icon (top left screen)
- Go to "My Account"
- Select "Prescription ID Card"
- Use the mobile app to show your Member ID at your pharmacy or doctor's office

Questions or trouble accessing your account? Call Express Scripts Technical/Website Support: **800-711-5672**

Cigna

To view/print your digital ID card, follow these steps:

Computer:

- Visit <https://my.cigna.com>
- Under Customer Login, enter your username and password to access your ID card

Don't have a username and password yet?

- Click "Register"
- Click "Start Registration"
- Enter your name, birth date, and zip code to create an account

Mobile device:

- Download the myCigna app
- Click "Log In" to enter your username and password to access your ID card
- Use the mobile app to show your member ID at your pharmacy or doctor's office

Questions or trouble accessing your account? Call Cigna Customer Service: **800-244-6224**

SIMNSA

Questions or need help with your account? Call Member Services: **800-424-4652**

VEBA Advocacy

Need help managing your care? Navigating the health care system can be confusing and complicated, but VEBA is here to help. The VEBA Advocacy team can help VEBA members resolve various issues like:

- Scheduling appointments
- Bill payment
- Quality of care
- And more!

Contact the VEBA Advocacy team Monday-Friday, 8 am – 5 pm: **888-276-0250** or advocacy@mcgregorinc.com

**Inquiries receive a response within 24 hours (excluding weekends/holidays)*