

# GO PAPERLESS AND MANAGE YOUR HEALTH WITH MYEMBLEMHEALTH

With **myEmblemHealth** on your computer or mobile device, it's easy to stay organized and securely manage your health benefits at your convenience.

**Register for myEmblemHealth at [emblemhealth.com](http://emblemhealth.com) to:**

- Review your benefits
- See a list of covered drugs
- Find a doctor
- Print a temporary ID card
- Download forms and more

**You'll also have access to these online wellness tools that help support a healthy lifestyle:**

- **Health Assessment** — Take this online survey to review your health and get tips for lowering your risks.
- **Personal Health Record** — Store your health information, such as lab results, medicines and doctor visits in this secure online record.
- **Health Journeys** — Launch your journey to a healthier lifestyle with online tools customized to your health needs.
- **Personal Health Insights/Reminders** — Get personalized care guidelines, reminders and money-saving tips sent to you.
- **Treatment Cost Calculator** — Find out estimated costs for medical treatments.



## TRY OUT OUR APP!

The myEmblemHealth app provides useful benefit and plan information, right at your fingertips. Download it today on your Apple or Android device.



**When you enroll in your plan, be sure to go paperless!**

- Decide which communications you want to receive electronically and how you want to be notified — via email or text.
- Access all of your communications in your secure personal message center at myEmblemHealth.

Just check the “go paperless” box on your enrollment form or let your group administrator know.\* We'll send you an email with a link to register your paperless preferences.

\* If you go paperless, you can always change your preferences in your settings or reach us by phone to change them for you. You may still receive some communications in the mail if warranted.