

MY HEALTH PLAN



THE KEY TO YOUR HEALTH INFORMATION

WOULD YOU LIKE TO HAVE ACCESS TO YOUR HEALTH PLAN INFORMATION ANY TIME — NIGHT OR DAY — AT YOUR CONVENIENCE? USE SPECIAL INFORMATION AND TOOLS THAT HELP YOU FIND OUT YOUR HEALTH STATUS AND LEARN HOW TO LIVE A HEALTHIER LIFE? DISCOVER IMPORTANT INFORMATION THAT WILL MAKE YOU A BETTER AND WISER CONSUMER OF MEDICAL AND HEALTH SERVICES?

My Health Plan from Medical Mutual of Ohio[®] is the answer. Register for *My Health Plan* on MedMutual.com, and among many special services it offers, you and your dependents will have secure and convenient online access to a variety of features.

With *My Health Plan* you can . . .

Access your personal health plan details and the information relating to all of your covered dependents.

Create your own account and, at the same time, grant your dependents equal access.

Review your explanation of benefits (EOB) forms.

Track the progress of your medical claims.

Take the Health Risk Assessment. This important questionnaire will help you understand your overall health status; compare your health to that of your peers; and discover what you can do to improve your risk for chronic problems, your general health and your quality of life.

Update personal address and telephone information.

Locate an in-network doctor or hospital.



This unique Medical Mutual service is available to all of our members.

Visit MedMutual.com.



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With *My Health Plan* you can . . .

Contact Medical Mutual's Customer Service staff.

Learn about the preferred prescription drugs – brand-name drugs and generics – that can save you money.

Find convenient pharmacies that participate in your plan.

Access information from Medco, our Pharmacy Benefits Manager.

Instantly see what percentage of your deductible you have met.

Review and monitor FlexSave Healthcare Spending and Health Reimbursement Account information.

Access and order member ID cards, handbooks and newsletters.

Use *HealthCare 101*: Learning the cost of healthcare may save you out-of-pocket expenses.

» *Health Estimator*: Lists the fees for doctors' 100 most common procedures, such as vaccinations, EKGs and X-rays.

» *Health Compare*: Compare hospitals' success rates in treating various conditions and performance in a variety of procedures.

» *Health Planner*: Decide which of our health plans is best for you when you figure your deductible and copay, out-of-pocket expenses and expected healthcare expenses.

VISIT MEDMUTUAL.COM AND DISCOVER THE VALUABLE HELP AND INFORMATION AVAILABLE TO YOU ON *MY HEALTH PLAN*.