

Online Tools

Whether you need to see how much a doctor billed, look up prescription costs, or learn more about your benefits, *My Health* is your source for personal plan information. *My Health* is available 24 hours a day, seven days a week through our mobile app or at **selecthealth.org**. After you log in, just click the “SelectHealth” icon to get started.

COVERAGE AND CLAIMS

View your plan information, claim details, Explanations of Benefits (EOBs), and sign up for paperless EOBs.

PHARMACY TOOLS

Access your pharmacy benefit information, claims, prescription history, and lower-cost drug alternative information.

ID CARDS

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

SEND SECURE MESSAGES

Send secure messages to SelectHealth® Member Services or your doctor. This is a confidential and convenient way to get your questions answered.

ACCESS MEDICAL RECORDS

Our integration with Intermountain Healthcare® gives you access to your medical records* through *My Health*. You can view lab results, medications, and imaging reports. You can also track your doctors' appointments and email questions to providers who participate in this program.

**May not be available for all providers and facilities.*



NEED MORE INFORMATION?



WEB

selecthealth.org/myhealth



PHONE

800-538-5038

REQUEST A CALL

Use our call request feature to get in touch with Member Services. You can schedule an immediate call or set a time for us to call you back.

CLICK-TO-CHAT

Don't have time for a phone call? Log in to *My Health* and reach out to us securely online with our new Click-to-Chat function.

Click-to-chat is a great way to answer quick questions about your benefits, such as:

- > How much of my deductible has been met?
- > Has SelectHealth received a claim from my doctor?
- > Can you tell me how to find a doctor near my home?

HEALTH ON THE GO

Access to Mobile Apps

THE SELECTHEALTH® MOBILE APP

With our mobile app, we'll be there wherever you need us—at home, work, or even the doctor's office.

ID Cards

- > View, email, and fax images of your ID Card

Provider Search

- > Search for providers

Claims

- > Access explanations of benefits and determine amounts owed

Benefits and Coverage

- > Find out who's covered on your plan and view benefits

Year-to-Date Totals

- > Look at medical and dental expenses, including your deductible and out-of-pocket max

THE INTERMOUNTAIN HEALTH HUB

As part of our integration with Intermountain Healthcare®, you can use your smart phone to view lab results, message doctors, and more.

Intermountain Instacare®

- > Find wait times and save a place in line at InstaCareSM

Prescriptions

- > Refill and check the status of prescriptions

Locations

- > Find nearby Intermountain hospitals, clinics, and pharmacies


Pay Bill


- > Pay Intermountain Healthcare bills by credit card or eCheck


Healthy Hikes


- > Locate easy, moderate, and challenging hikes in your area

NEED MORE INFORMATION?

 **WEB**

 **ANDROID APP ON Google play**

 **Available on the App Store**

 **PHONE**

800-538-5038

