



### Manage your health online 24/7

You're managing a lot of your life online these days, from bills and banking to shopping. So why not manage your health plan and your healthcare online? We have a variety of tools to make your life easier. It's simple, convenient and fast — so you can spend more time enjoying your life offline. Create your account at [healthpartners.com](http://healthpartners.com) to take advantage of these great tools and resources:

#### Manage personal records

- Create a personal health journal with the “**My Health Diary**” tool. Your diary stores your health information in one place so you can record your history of allergies, immunizations and prescriptions, as well as track weight loss, blood pressure and blood sugar levels. You can even create a directory of your preferred clinics and hospitals.
- Go green by using your online mailbox to receive your **Explanations of Benefits (EOB)** online. It's an easy, safe and secure way to track claims and manage your accounts. You can even e-mail questions about benefits, eligibility, or claims directly to Member Services.
- Use **Microsoft® HealthVault™** to archive your EOBs. Once you transfer your EOBs and health information to HealthVault, you will have free, life-long access whether you change health plans, doctors or even jobs.

#### Research, review, re-order

- **Search** for doctors and dentists by name, clinic name, specialty, language, gender, extended hours, parking, wait times and more
- **Review** provider cost and quality ratings
- **View** your claims and benefits
- **Order** a new Member ID card

#### Visit the library

- With just one click, you can search more than 8,000 health-related topics on our **Healthwise Health Information Library**. Search items such as common illnesses and injuries, as well as healthy eating, allergies, first aid and more.
- Use one of the interactive tools to find out how many calories you burned or to check symptoms.
- Visit [healthpartners.com/healthlibrary](http://healthpartners.com/healthlibrary)

#### Seek decision support

- For many health decisions, there are no clear-cut answers. Use **The Ottawa Personal Decision Guide** to clarify your decisions and options while planning your next steps.
- Talk to a **Member Advocate** who can answer your questions and explain your options. Decision support advocates are trained to help you reach a decision that's right for you.
- Do some research on your own using the **Healthwise Health Information Library**.
- Visit [healthpartners.com/decisionsupport](http://healthpartners.com/decisionsupport)

#### Calculate your savings

- **Best Choice Providers** — identify providers who offer the best quality of care at the lowest cost for a variety of services.
- **Medical Cost Calculator** — estimate annual medical expenses and view costs for a variety of treatments and conditions.
- **Plan Comparison** — find the plan that is right for you with our step-by-step plan comparison tool.
- Visit [healthpartners.com/smartshopper](http://healthpartners.com/smartshopper)

#### Set up your account

Go to [healthpartners.com](http://healthpartners.com) and sign up today. It's fast and easy. Once you've logged on to your account, check the box to have administrative documents delivered right to your secure online mailbox. You'll see an icon alerting you to new messages whenever you log on.



To learn more, please visit [healthpartners.com](http://healthpartners.com) or call Member Services at 952-883-5000 or toll-free at 1-800-883-2177.