

MY HEALTH TOOLKIT

The all-access site for your health benefits

Need quick answers to your health benefits questions? You'll find them when you sign in to **My Health Toolkit**. It puts all the important details about your health plan at your fingertips, including:

- Ways to find a network doctor or healthcare facility.
- Details about your medical claims.
- What your health plan covers.

- How to get a new member ID card or a virtual one.
- Medical spending accounts, if applicable.
- Health and wellness resources.

Getting started from your computer



- Visit www.MyHealthToolkitCapital.com.
- At the upper right, log in to your
 My Health Toolkit account.
- If you haven't signed up for an account, use the number on your member ID card to register.
- Follow the instructions to create your profile.

Dashboard features (yours may look slightly different)

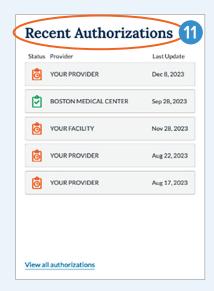
- 1 My Plan & Benefits includes information about your coverage and other details about your plan.
- Claims & Authorizations allows you to see your claim details, file a new claim and view prior authorizations.
- **Providers & Services** includes access to our provider-related services such as Find Care.
- Wellness & Care Management includes information about our wellness programs and care management.
- Find Care takes you directly to our Find Care tool to help you locate a healthcare provider.
- 6 Messages lets you contact Customer Service and ask a question at any time.
- O ID Card shows your ID card and information about sharing or printing it.
- Profile lets you log out or update your account information such as password and contact preferences.



- Plan Utilization shows your current deductible and out-ofpocket totals.
 - Plan Utilization 9 Thealth **P** Dental Individual Deductible Max: \$250.00 Health amount applied \$250.00 Amount remaining \$0.00 Individual Out of Pocket ? Max: \$750.00 Health amount applied \$0.00 Amount remaining \$750.00 View health details
- Recent Claims shows a history of your claims for services.



Recent Authorizations shows the history and status of recent authorizations.





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