

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

Member Login
My Health Toolkit

[Other Logins](#) ⌵

Username

Password

[Create An Account](#)
[Forgot Username?](#) [Forgot Password?](#)

Log in

- ◆ 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.
- 2 Claims & Authorizations** allows you to see your claim details, file a new claim and view prior authorizations.
- 3 Providers & Services** includes access to our provider-related services such as Find Care.
- 4 Wellness & Care Management** includes information about our wellness programs and care management.
- 5 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.
- 7 ID Card** shows your ID card and information about sharing or printing it.
- 8 Profile** lets you log out or update your account information such as password and contact preferences.



- 9 Plan Utilization** shows your current deductible and out-of-pocket totals.
- 10 Recent Claims** shows a history of your claims for services.
- 11 Recent Authorizations** shows the history and status of recent authorizations.

A screenshot of the 'Plan Utilization' dashboard section. It shows tabs for 'Health', 'Dental', and 'Pharmacy'. Below the tabs are two buttons for 'Individual' and 'Family'. The 'Individual' section displays 'Individual Deductible' with a 'Max: \$250.00' and a progress bar. It shows 'Health amount applied' as \$250.00 and 'Amount remaining' as \$0.00. The 'Individual Out of Pocket' section displays a 'Max: \$750.00' and shows 'Health amount applied' as \$0.00 and 'Amount remaining' as \$750.00. A 'View health details' link is at the bottom.

A screenshot of the 'Recent Claims' dashboard section. It shows tabs for 'Health', 'Dental', and 'Pharmacy'. Below the tabs, it states 'No claims to view at this time'. A 'View all claims' link is at the bottom.

A screenshot of the 'Recent Authorizations' dashboard section. It shows a table with columns for 'Status', 'Provider', and 'Last Update'. The table contains five rows of authorization data.

Status	Provider	Last Update
	YOUR PROVIDER	Dec 8, 2023
	BOSTON MEDICAL CENTER	Sep 28, 2023
	YOUR FACILITY	Nov 28, 2023
	YOUR PROVIDER	Aug 22, 2023
	YOUR PROVIDER	Aug 17, 2023

A 'View all authorizations' link is at the bottom.



The information provided is meant for a general audience. It is not a substitute for services or advice received from your healthcare providers who are the only ones that can diagnose and treat your individual medical conditions. Capital Blue Cross and its affiliated companies believe this health education resource provides useful information but do not assume any liability associated with its use. If you have any questions about the information, please contact your healthcare provider. Healthcare benefit programs issued or administered by Capital Blue Cross and/or its subsidiaries, Capital Advantage Insurance Company®, Capital Advantage Assurance Company® and Keystone Health Plan® Central, independent licensees of the Blue Cross Blue Shield Association serving 21 counties in Central Pennsylvania and the Lehigh Valley. Communications issued by Capital Blue Cross in its capacity as administrator of programs and provider relations for all companies.