

GETTING STARTED WITH MY HEALTH TOOLKIT

My Health Toolkit isn't just for people who are actively seeking health care. Here's some common questions and answers to get you started.

What is My Health Toolkit?

My Health Toolkit is a secure portal you can use to manage your benefits, connect with resources and personalize your experience with your health plan. Log in from wherever you access the internet or from the convenient mobile app to do all this and more:

- ◆ Verify who's covered on your plan.
- ◆ Get a snapshot of your coverage.
- ◆ Find in-network health care providers.
- ◆ Check the status of your claims.
- ◆ Access your digital ID card or order replacement cards.

You can use it to access health and wellness programs that can help you live your best life every day. Or log in to manage your contact preferences so we'll know just how to reach you with important updates.

Who can use My Health Toolkit?

You can set up a My Health Toolkit account if you are age 16 or older and are enrolled in a health or dental plan. That means each subscribing member and each covered spouse, child or other dependent who meets the age requirement can have his or her own account.

How can I access it?

Access My Health Toolkit through our member website. Or download the My Health Toolkit mobile app and manage your benefits wherever you go from the convenience of your mobile device. You can use the same username and password to log in via the website or the app.

How do I register?

Registering for My Health Toolkit is easy. From the member website, select the **Create An Account** link in the login box, or download the app and select the **Sign Up** button. To get started, simply enter the number from your member ID card or the subscribing member's Social Security number. Then choose your birthdate from the drop-down menu to indicate which plan member is signing up.

Once you've signed up, you can set up your profile, including selecting your preferred method of contact — such as text, email or regular mail — for certain types of notifications. This helps us get important notifications to you based on your personal preferences.



Download the My Health Toolkit app from your app store or register at MyHealthToolkitCapital.com.



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.

