

MY HEALTH TOOLKIT

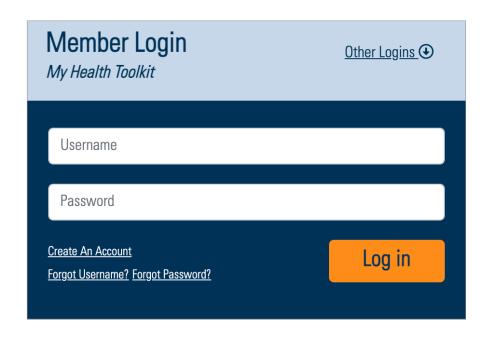
The all-access site for your health benefits

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 health care 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



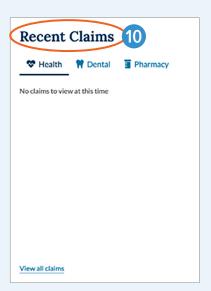
- Visit www.MyHealthToolkitKC.com.
- At the upper right, log in to your
 My Health Toolkit account.
- If you haven't signed up for an account, use the number on your member ID card to register.
- Follow the instructions to create your profile.

Dashboard features (yours may look slightly different)

- 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 health care providers.
- Messages lets you contact customer service and ask a question at any time.
- **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 Thealth **P** Dental Family Individual Deductible @ Max: \$250.00 \$250.00 Health amount applied Amount remaining \$0.00 Individual Out of Pocket ② Max: \$750.00 Health amount applied Amount remaining \$750.00 View health details
- 10 Recent Claims shows a history of your claims for services.



Recent Authorizations shows the history and status of recent authorizations.

