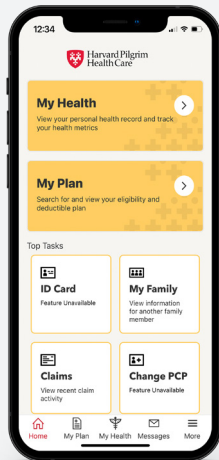


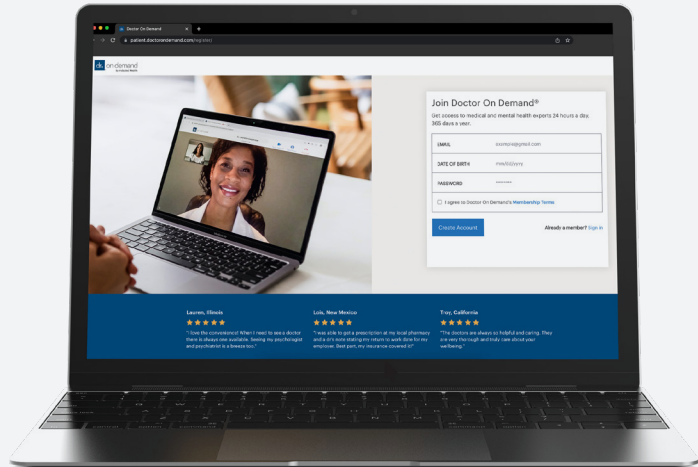
# Digital Tools

Quick and easy access to your health plan benefits



## Member Account + Mobile App

Log in or activate your secure online account at [harvardpilgrim.com/create](https://harvardpilgrim.com/create) or download the Harvard Pilgrim mobile app<sup>1</sup> to access all of your health plan benefits information.



## Telehealth Virtual Health Care

Set up your account at [doctorondemand.com/harvard-pilgrim](https://doctorondemand.com/harvard-pilgrim). Access a Doctor on Demand provider 24/7, by phone or mobile app worldwide<sup>2</sup> for everyday care and confidential therapy. Physicians can also order your prescription<sup>3</sup> at your local pharmacy when medically necessary.



## Estimate My Cost

Log in to your **secure account** to find a doctor, estimate your out of pocket costs, and get the quality care from the provider that will save you money and fits into your budget.



## Reduce My Costs

Connect with a nurse at (855) 772-8366 when you shop for services such as mammograms and MRIs, and earn up to \$75 per each service when you select high quality-cost effective providers<sup>4</sup>.



Learn more at [harvardpilgrim.org/digitaltools](https://harvardpilgrim.org/digitaltools)

<sup>1</sup> Estimating costs and other features are not available on the mobile app.

<sup>2</sup> This excludes U.S. territories (Puerto Rico, Guam, U.S. Virgin Islands) and certain other countries (e.g., nations on the U.S. Sanctions List).

<sup>3</sup> Physicians will not order prescriptions for patients calling from outside the U.S. and they do not provide Schedule I-IV DEA controlled substances and may elect not to treat or prescribe other medications based on what is clinically appropriate.

<sup>4</sup> Your health plan may require a referral and/or prior authorization before you receive services from a cost-effective provider. To ensure the services will be covered, please refer to your plan documents or contact Harvard Pilgrim at (888) 333-4742. For Maine-based members of a small group employer whose plans include a Health Savings Account (HSA), these additional services are included in the Reduce My Costs program: physical therapy and occupational therapy. For more information, please visit [harvardpilgrim.org/reducemycosts/maine](https://harvardpilgrim.org/reducemycosts/maine). Cash rewards comes in an e-gift card format that is emailed directly to the member. Rewards are offered on services that meet minimum savings threshold. Rewards are considered taxable income; please consult with your tax advisor. Massachusetts members may receive a maximum of \$500 in Reduce My Costs rewards per member per calendar year.