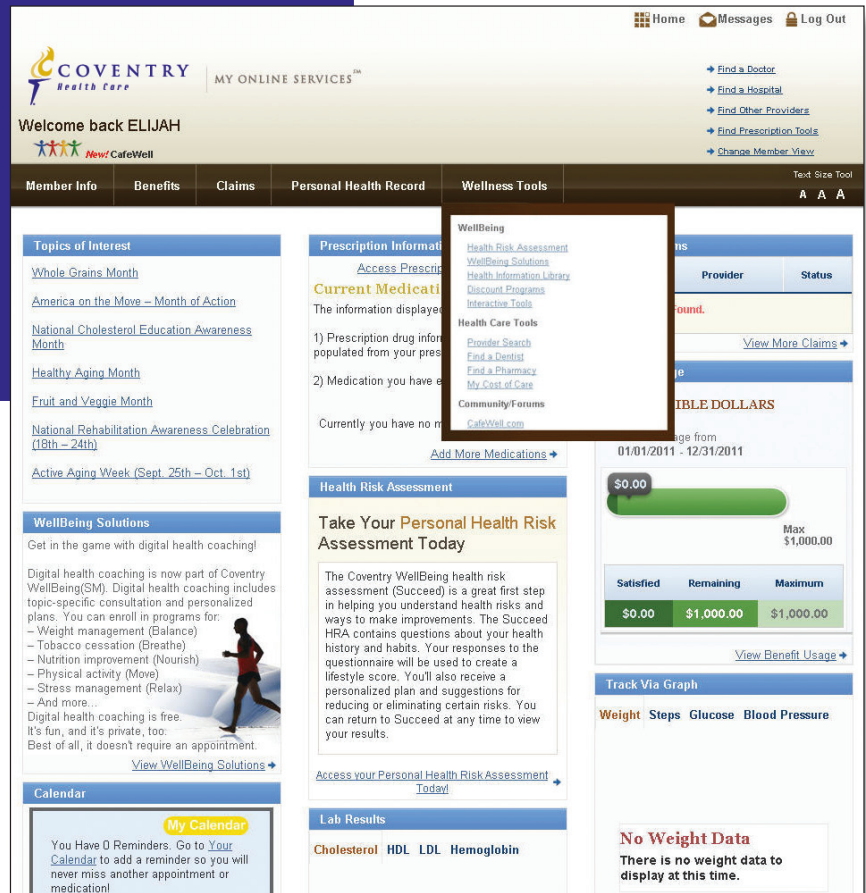


Make the most of your health and benefits

**My Online Services<sup>SM</sup>** makes it easy for you



Coventry Health Care makes it easy for you to manage your health and benefits with **My Online Services**. The most important information is right in front of you — where it's easiest to use. From a single screen you can access:



- **Your personal health record**, allowing you to view, store and track your information securely
- **Provider search tools** that connect you with providers that best match your needs
- **Claims activity** showing how much of your deductible you've met and other important information
- **Coventry WellBeing<sup>SM</sup> tools** featuring a health risk assessment and personalized digital coaching
- **Medications** including dosage and last refill date with easy access to the prescription drug formulary and drug information
- **Lab results** marking your most recent tests and results
- **Health news** presenting important breaking news that is tailored to your needs
- **Calendars and reminders** so you can track appointments and schedule reminders for important services

**With just the click of a mouse, you can also:**

- View personal information, update your profile, and request change of address and/or phone information
- Research provider quality and cost measurements
- Check eligibility and benefits
- Request, display or print a temporary ID card
- Find a policy list
- Look into referrals or authorizations
- Send a secure email

**Make the most of your health and benefits. Take advantage of the valuable tools available to you at My Online Services. Here's how to get there:**

- ✓ Visit the Web address shown on your ID card.
- ✓ Select "Login or Register Now" from the My Online Services box on the right-hand side of the page, or from the middle box on the member page.
- ✓ Follow the instructions given to register.