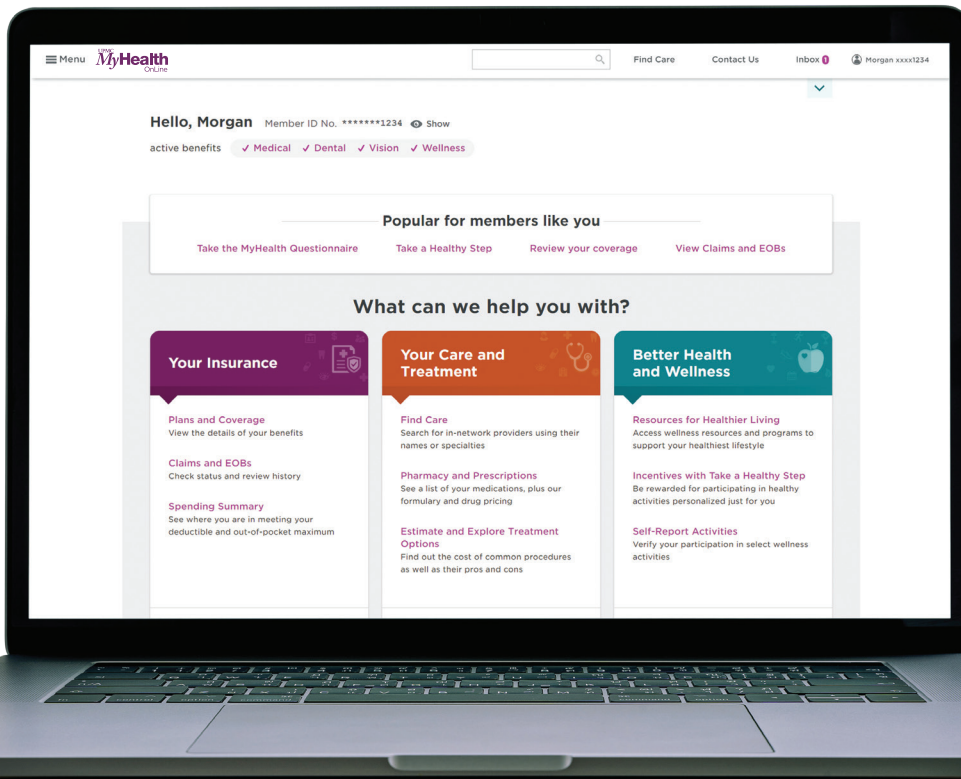


# Your health at your fingertips

As a UPMC Health Plan member, you can use *MyHealth OnLine* to access your health insurance and wellness information.



Enroll in autopay to easily pay your monthly premium.<sup>1</sup>



Check your coverage, claims, Explanations of Benefits,<sup>2</sup> and spending summary.



Explore resources that can help you make lifestyle changes and manage your health.



Use our medical cost estimator to understand the price of a treatment before you get it.<sup>3</sup>

## Register for *MyHealth OnLine* today!

1. Scan the QR code or visit [upmchealthplan.com/members/access](http://upmchealthplan.com/members/access).
2. Click **Register for MyHealth Online Now**.
3. Choose if you're a member and that you receive your health insurance through your employer and click **Register for MyHealth Online**.
4. Enter your name, birthdate and zip code and click **Agree**.
5. Enter your member information and complete registration.



<sup>1</sup> If you are enrolled in coverage through your employer, your monthly premiums are deducted from your paycheck. You cannot set up autopay through MyHealth OnLine. You can use autopay if you buy your own health insurance or have a child with a low- or full-cost plan through UPMC for Kids with a monthly premium. UPMC Community HealthChoices members do not have monthly premiums.

<sup>2</sup> UPMC Community HealthChoices members do not receive Explanations of Benefits.

<sup>3</sup> The medical cost estimator is not available to UPMC Community HealthChoices or free UPMC for Kids members.

## **Nondiscrimination Statement**

UPMC Health Plan, on behalf of itself and its affiliates, complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

## **Translation Services**

### UPMC Health Plan

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-866-420-9589 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-420-9589 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-844-220-4785 (TTY: 711)。

### UPMC for Kids

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-800-650-8762 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-650-8762 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-800-650-8762 (телетайп: 711).

If you are the parent or legal guardian of a child enrolled with UPMC *for Kids*, you can access or create your child's MyHealth OnLine account by using your child's member ID card. If you have more than one child enrolled with UPMC *for Kids*, you must register for a separate account for each child.

### UPMC Community HealthChoices

**ATTENTION:** If you speak English, language assistance services, free of charge, are available to you. Call: 1-844-220-4785 (TTY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-220-4785 (TTY: 711).

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