



myProvidence.com

Your personal connection to health and wellness

Imagine having instant and unlimited access to education and personalized solutions intended to help you maintain or improve your health and well-being. You can – with myProvidence. myProvidence is your secure total health management website. It's simple to use, easy to understand and available to you and your dependents as part of your insurance plan. For your convenience, myProvidence is also accessible via your mobile phone and tablet.

Know your baseline.

Identifying your strengths and knowing how to get started on the path to improving your health and well-being can help you become better informed and healthier. myProvidence gives you convenient access to your personal health record, which contains claims information and other health-related information you elect to include, such as provider visits, immunizations, conditions, medications, allergies and tests.

Through myProvidence, you can take advantage of convenient, easy-to-understand tools within Wellness Central. This integrated health and wellness hub can help you reach and maintain your health goals and you can track your progress with a personalized dashboard. With Wellness Central you can:

- Complete your personal health assessment* and find out what you're doing well and where you can improve
- Take advantage of various trackers, planners and calculators to set and monitor your health goals and activities
- Access online wellness workshops designed to support your health and wellness goals, whether you're trying to lose weight, quit tobacco or just feel better every day

Explore to empower.

With a clear understanding of your current health status, you can take greater advantage of myProvidence's comprehensive resources to help achieve your health goals. Resources include:

- On-demand access to health plan information, including deductibles, claims, payments and dependent coverage
- A searchable provider directory, which can help you find the provider or facility you need quickly and easily
- A treatment cost calculator to help you understand the cost of a procedure based on your specific benefits, choice of provider and location of care
- Interactive health activities to keep you focused on your goals

* Personal health assessment is certified by National Committee for Quality Assurance (NCQA)