

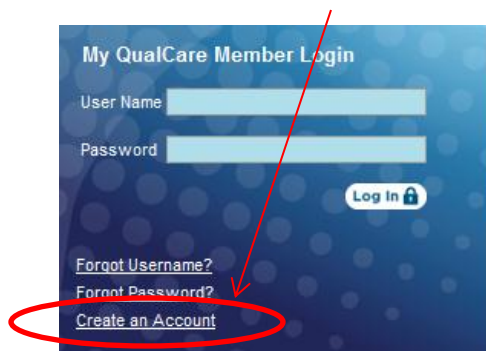
EASY ACCESS TO *MY HEALTH MANAGER*: *MY PATHWAY TO HEALTH*

Your *My QualCare* username and password give you access to *My Health Manager: My Pathway to Health*.

Step 1: Go to www.qualcareinc.com and select Go to My QualCare.

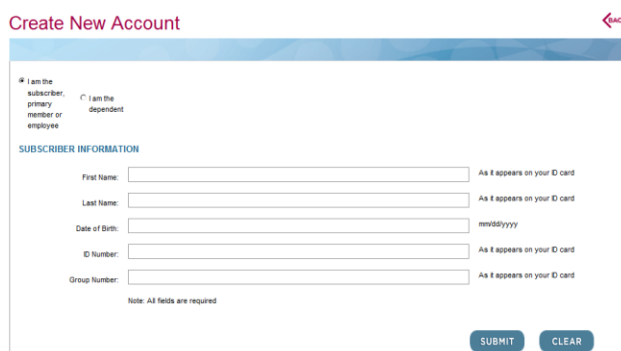
Step 2: Is this your first time using the My QualCare website? If YES, you must first create an account to set up a personal username and password. Follow the steps below.
(Have your QualCare ID card available)
If you already have an account, proceed to **Step 3**.

(1) Click on Create an Account



The image shows the 'My QualCare Member Login' page. It has fields for 'User Name' and 'Password', a 'Log In' button, and links for 'Forgot Username?' and 'Forgot Password?'. The 'Create an Account' link at the bottom is circled in red, with a red arrow pointing to it from the text 'Click on Create an Account'.

(2) Complete New Account Creation Steps

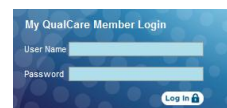


The image shows the 'Create New Account' page. It has a 'Create New Account' header and a 'SUBSCRIBER INFORMATION' section. The section includes fields for 'First Name', 'Last Name', 'Date of Birth', 'ID Number', and 'Group Number', each with a placeholder text 'As it appears on your ID card'. There are also radio buttons for 'I am the subscriber, primary member or employee' and 'I am the dependent'. A 'SUBMIT' button is at the bottom right.

(3) A “Who’s Covered” page appears, select Health & Wellness from the website menu bar and click on My Health Manager.

(4) From the “Health & Wellness” page, click on My Health Manager. Continue with instructions on reverse side of this page.

Step 3: Enter your My QualCare username and password then click Log in:



The image shows the 'My QualCare Member Login' page. It has fields for 'User Name' and 'Password', a 'Log In' button, and links for 'Forgot Username?' and 'Forgot Password?'.

Step 4: Select My Health Manager

HOW CAN WE HELP YOU?

- ☐ Find a Doctor
- ☐ Check Claim Status
- ☐ See Who's Covered
- ☐ View Benefits Summary
- ☐ My Health Manager
- ☐ Access & Print EOBs
- ☐ Print ID Cards

Step 5: Select My Health Manager



WELCOME TO *MY HEALTH MANAGER: MY PATHWAY TO HEALTH*

- Step 1:** Complete the *My Health Manager: My Pathway to Health* registration process. Users only need to do this the first time they access the site. Provide an email address for correspondence from My Health Manager and create an “authentication phrase.”
(The My Health Manager administrator includes your authentication phrase in all correspondence sent to you as proof that the message is a valid message related to My Health Manager.)



The screenshot shows the 'Create a New Account - Set Up Details' page. It includes a sidebar with links: About Us, Contact Us, Disclaimer, and Privacy Policy. The main content area has a welcome message and a registration form with fields for Email, Authentication phrase, and a Register button. A 'Why?' link is also present next to the authentication phrase field.

- Step 2:** Read and accept the form with sections entitled “Enrollment Agreement; Summary of Basic Participant Rights and Responsibilities; Legal Disclaimer on Medical Advice; General Medical Release and Authorization for Use or Disclosure of Participant Information.” This form must be accepted in order to enter the My Health Manager: My Pathway to Health website.

- Step 3:** Arrive at *My Health Manager: My Pathway to Health* home page, called “My Pathway” and also referred to as “MY PATHWAY Dashboard” on the green menu bar on the left side of the page.



The screenshot shows the 'MY PATHWAY' dashboard. At the top, there's a 'Welcome PHR STB Member!' message with a 'Log Out' link. Below this is a 'Your Health Focus' section with images for Weight, Nutrition, and Exercise. A 'No Risk Score Available' message is displayed, along with a 'Your actions and progress' section. A green menu bar on the left contains various options, with 'Health Risk Assessment' circled in red. At the bottom, there's a 'CREATE MY MAP' button.

- Step 4:** Select Health Risk Assessment tab on green menu bar, then select Take HRA to begin completing the HRA.