

myWellmark®



Your life's busy.

Let us help you with
the health part.

myWellmark is your personalized site to manage your health and make the most of your coverage. Use myWellmark to:

- Better understand your health benefits.
- Find a trusted health provider.
- Track and organize your medical claims and expenses.
- Keep all your family's medical records and information in one place.
- Sign up to receive your health statements online.
- Get health news, resources and tips.

Make myWellmark fit your life.

[Register at Wellmark.com](http://Wellmark.com)

It's your health, so myWellmark lets you build a health site that fits your life.

You choose the tools and information you want to use. Subscribe to receive the latest updates on your favorite health topics. Even arrange the tools on your page so you easily find the information you want.

It's easy and fun, and of course, all about you.

Patient First Name	Service Date	Provider	Status	Details
John	09/15/10	Walgreens	Pending	Not avail. Details
Susan	09/12/10	Iowa Clinic	Paid	Details
Richie	09/12/10	Dr. Smith	Paid	Details
Richie	08/25/10	Walgreens	Paid	Details
John	08/25/10	Dr. Smith	Paid	Details

Widget 101: How to Make myWellmark Your Own

myWellmark contains a number of widgets. Widgets come in a lot of different forms and let you quickly access activities and information from across Wellmark.com.

1 When you first sign in to myWellmark, your page starts out with a few of the most popular widgets.

2 Then it's up to you. Add widgets. Hide them. Move them around the page. You can even change the colors of the widgets to help you organize the information – or maybe match your favorite sports team.

Choose from any number of widgets: claims tools, benefits information, assessments, health news, activity trackers and more.

We add widgets often, so be sure to visit myWellmark frequently to see the new tools that are available to help manage your health.

[Register today at Wellmark.com](https://www.wellmark.com)



Your Health. Well Protected.™

Wellmark Blue Cross and Blue Shield is an Independent Licensee of the Blue Cross and Blue Shield Association.

Here are a few of the widgets you will find on myWellmark.

💰 Claims & Spending	
My Claims	View the status of your claims, categorize and add personal notes.
Year-to-Date Spend	Run a report showing your out-of-pocket health care spending for the current or previous calendar year.
My Flex Spending Account	View flex account balances. (For members who have these accounts through Wellmark.)
🏠 My Benefits	
Displays your benefit information, such as copayments, deductibles, and out-of-pocket maximums. When limits are in place, you can find out how much has been used or met.	
💊 Prescription Drugs (For members with prescription drug coverage.)	
View personalized pharmacy information, including:	
<ul style="list-style-type: none">• The prescriptions you've filled• The Wellmark Drug List, to look up drug information and plan-specific pricing• A tool to check drug interactions	
🍏 My Health	
My Health News	Select from over 40 health topics that are of interest to you.
General Health Information	Research health conditions and medications, including a symptom checker, calculators and quizzes.
Wellness Assessment	Take a wellness assessment and receive a personalized report. Report results feed into a health meter displaying your health status at a glance.
Activity Tracker	Track your exercise, diet, weight and tobacco usage.
👤 My Web Account	
Manage your Wellmark.com settings. Change your password and choose to receive Explanation of Benefits (claims statements) electronically.	