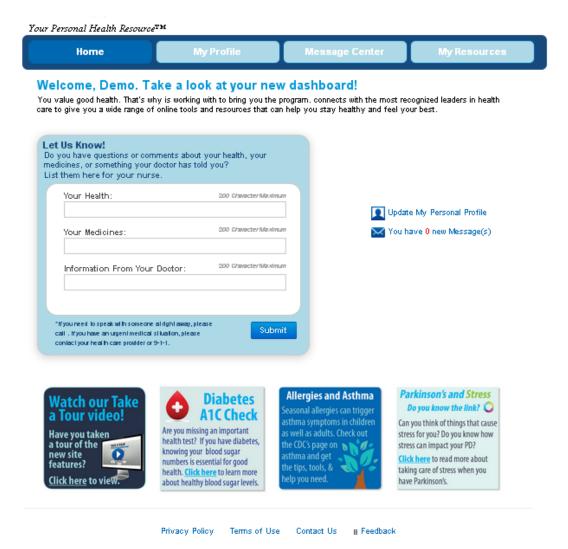
#### **Member Portal Tutorial**

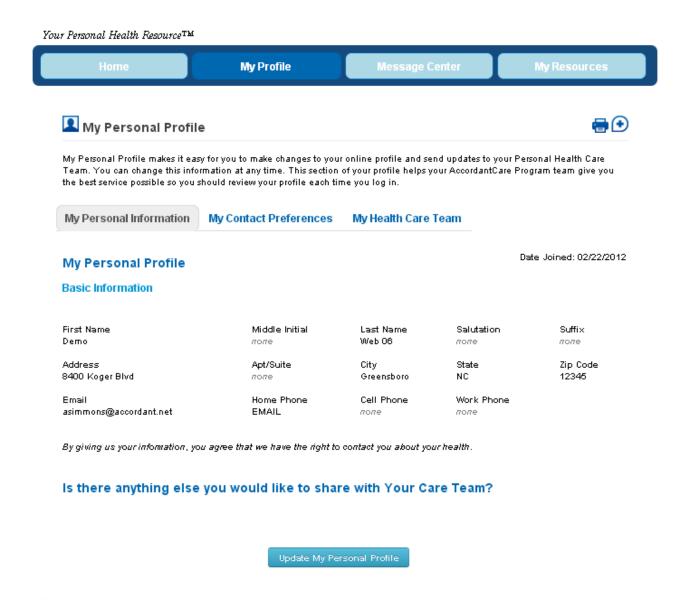
### **Home Page**

Welcome to your Home Page! Take a look around. Visit often and find new links to helpful news, messages, and tools. Use Let Us Know to get in touch with your nurse.



### **My Profile**

Keep My Profile up-to-date so your nurse will know how to reach you, and so that we can know how you want to receive information from us. Make sure we have your current phone number, email, and mailing address.



#### **My Contact Preferences**

Stay in touch with your health care team in a way that's best for you. Be sure to tell us how to reach you and when it's a good time.

Want to get messages from your nurse in your inbox? Go to My Contact Preferences. Let us know how you want to get program mail. You can change these settings at any time. This won't change how you get calls from your nurse.



Choose "Y" to get emails from your nurse, newsletters, and other tips and tools.



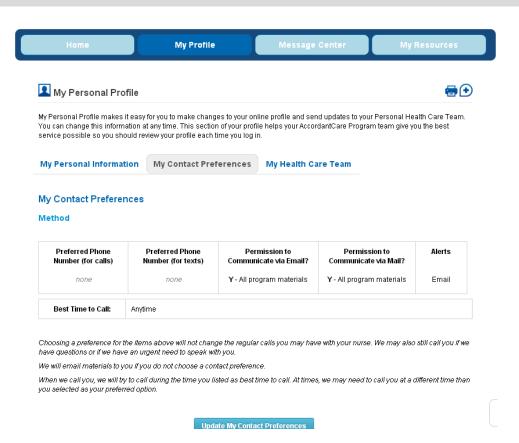
Choose "P" if you only want personal emails from your nurse. We'll mail all other items.



Choose "E" if you only want us to email your newsletters. We'll mail all other items.



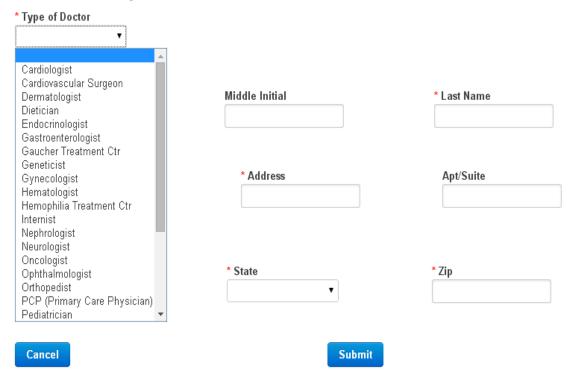
Choose "N" if you want mail instead. (It may take two weeks for this change to occur.)



# **My Health Care Team**

Have you changed doctors lately? Your nurse needs to have the correct information. Update this here in **My Health Care Team**.

## Add a Doctor to My Health Care Team



# **Message Center**

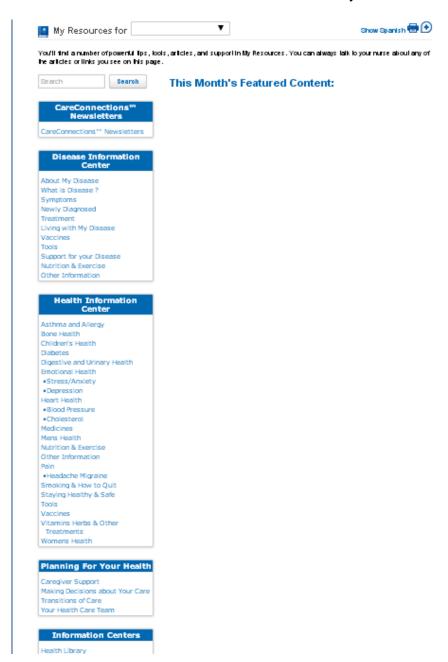
Through the **Message Center**, your nurse may send you helpful emails, tips, or articles to read. You can also send your nurse an email about your health here.



### **My Resources**

My Resources is where you can search for articles and other tools you can use to take care of your health. Get easy access to:

- CareConnections<sup>SM</sup> newsletters- check out the latest issue
- Disease Information Center- read about condition specific topics
- General Health Information- general information about your health
- Planning for Your Health- find tools for support
- Information Centers- search links for the health library and other resources



#### **Feedback**

Tell us what you think! Click on any of the **Feedback** buttons to tell us how we can make the website better for you.

