

Information. Communication. Inspiration.

Take advantage of improvements to MyGroupHealth for Members at [ghc.org](http://ghc.org)



**CALL CUSTOMER SERVICE AT**

1-888-901-4636 with any questions about your care or coverage.

Hours are 8 a.m.–5 p.m.,  
Monday–Friday.

If you are hearing- or speech-impaired,  
TTY WA Relay is 1-800-833-6388 or 711.

[ghc.org](http://ghc.org)



# Get convenient access to your health care information from MyGroupHealth for Members at ghc.org

## WHY USE MYGROUPHEALTH FOR MEMBERS ?

When you register at MyGroupHealth for Members, you can use our new and improved online tools to help make you more aware of your health. Empower yourself to make step-by-step changes that can add up to a healthier you.

With this powerful tool, you can:

- Choose your doctor
- Complete your Health Profile
- Check health coverage benefit usage
- Refill prescriptions
- Access health and wellness information
- Review your online medical record and those of your children (up to age 12)\*
- Make appointments\*
- Securely e-mail your doctor\*
- See your lab and test results\*
- See your after-visit summaries\*

## HOW TO REGISTER at MyGroupHealth for Members

ALREADY REGISTERED? Then skip ahead.

At [ghc.org](http://ghc.org), click the log-in button in the upper right corner and follow the directions. Be sure you request an ID verification code, which will be sent to your home mailing address. When this time-sensitive code arrives, usually in just three days, log in right away to MyGroupHealth for Members and enter your code.

## WHY CHOOSE YOUR DOCTOR ?

ALREADY HAVE A DOCTOR? Then take your Health Profile.

Your doctor can help you make decisions about your health, whether you're focused on preventive care, have an illness or injury, or are dealing with a chronic condition.

WHEN YOU CHOOSE A DOCTOR YOU CAN:

- Call a doctor you already know and trust when you're sick or have a health concern.
- Avoid expensive trips to the emergency room for nonemergencies.
- Transfer your prescriptions.

## HOW TO CHOOSE YOUR DOCTOR

Use our online Provider Directory at [ghc.org/provider](http://ghc.org/provider) or contact Customer Service at 1-888-901-4636 where a representative will ask you questions to help select a doctor that will be a good fit for you. Change your doctor any time you like.

## WHY TAKE YOUR HEALTH PROFILE ?

WHEN YOU TAKE YOUR HEALTH PROFILE, which is an in-depth online questionnaire, you'll:

- Get a personalized report that highlights how your lifestyle choices impact your health, including any areas of concern.
- Get a list of recommended changes you can act on.
- Be able to trust that the results are confidential and can only be seen by you and your health care team.\*

## HOW TO TAKE YOUR HEALTH PROFILE

Once you're registered, click on "Health Profile" to get started. It's fast—about 20 minutes, and you should take it at least once a year or as often as you like.

Explore the improved features listed below at MyGroupHealth for Members at [ghc.org](http://ghc.org)

Put these tools to work for you. Small steps are all it takes—a few here, a few there, and before you know it, you're making a giant leap toward a happier, healthier future.

Improved features include:

**HEALTH REMINDERS**  
Remember upcoming or outstanding preventive care recommendations.

**IMPORTANT FIRST STEPS**  
Invest in your health. It all starts with these steps.

The screenshot shows the MyGroupHealth member dashboard. On the left, there's a sidebar with sections: USER THIRTEEN PHE (with links to update profile and email preference), YOUR CARE TEAM (listing Dr. Brunner, Deborah K, MD), and PARENTAL ACCESS. The main content area includes: 'Verify your e-mail address', '3 health reminders OVERDUE' (Colon cancer screening, Blood test for long-term sugar levels, Colon cancer screening), '2 health reminders' (Microalbumin test, Lipid test), 'Your Health Care & Coverage' (with tabs for NOTIFICATIONS, APPOINTMENTS, MESSAGES, MEDICAL RECORD, VISIT & CALL SUMMARIES), '6 new messages', '3 office visits', 'MEDICATIONS' (Refill for yourself, Refill for someone else, Recent medications, Check order status, Transfer a prescription), 'HEALTH COVERAGE' (Explanation of benefits, Coverage documents, Benefits usage status), 'Health Action Plan' (Recommended Actions, Routine Care Reminders), and 'Health Profile' (Fill out a new questionnaire). Callouts point to 'HEALTH REMINDERS', 'IMPORTANT FIRST STEPS', 'YOUR CARE TEAM', 'CHOOSE YOUR DOCTOR', 'TAKE YOUR HEALTH PROFILE', and 'HEALTH ACTION PLAN'.

**YOUR CARE TEAM**

E-mail your doctor with questions and get one-click access to schedule an appointment.\*

**STREAMLINED ACCESS**  
Get easy access to important basic information about your health care and coverage.

**HEALTH ACTION PLAN**  
Act on these recommendations, which are based on your Health Profile answers.

\*Services require care with Group Health Medical Centers.

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