

Health care that cares—really.

At Group Health Cooperative, we put your health care needs first. That's why now, more than ever, you get to decide what kind of coverage and care you get when you choose Group Health.

More choices.

Choose your own primary care doctor and self-refer to most specialty care.

We have more than 1,300+ highly qualified Group Health Physicians for you to choose from. And if you need specialized care you can self-refer to most of our 500 specialists in 75 specialties.*

We also have a broad network of contracted doctors with some of our Group Health Options, Inc. plans, you may be able to choose a licensed provider anywhere in the United States.

Greater convenience.

Get more of what you need under one roof, at all 25 conveniently located Group Health Medical Centers, including:

- ✓ Your doctor
- ✓ X-ray
- ✓ Pharmacy
- ✓ Lab

Refill your prescriptions with ease.

Save time and money by refilling your prescriptions at **ghc.org** and get free delivery.

Stay informed.

Choose how you want to stay in touch.

Live your life online? Connect to our website, MyGroupHealth for Members, at **ghc.org**. Always on the go? Download our new mobile app for Android™ and iPhone.®

Either way, you can:*

- Make appointments
- E-mail your medical team
- See lab and test results
- Review after-visit summaries
- Get routine care reminders
- Check your immunization history, and more



“ Why I Chose Group Health.

In the middle of my pregnancy, I looked at Group Health during open enrollment. I talked to people at work who used Group Health, looked at their website (**ghc.org**) and realized with Group Health I could get everything I wanted: **great care, great coverage, at a great price.** So I switched. And I'm glad I did.

—Stephanie C., Group Health member in Seattle ”

GET THE KIND OF CARE YOU NEED

RECEIVE TREATMENT THE WAY YOU WANT.

From traditional care to alternative care, your doctor will discuss the full range of treatment options. Then you both decide together which treatment works best for you.

ACCESS A CONSULTING NURSE 24/7.

Not sure you need to see a doc? Skilled nurses are available 24 hours a day—every day, with an on-call doctor to consult with if necessary.

URGENT AND AFTER HOURS CARE.

If you need care after business hours, Group Health has Urgent Care Centers. You'll save money, receive care from highly qualified emergency physicians. And you may be seen more quickly than in an emergency room.

ACHIEVE WELLNESS.

Concerned about getting well and staying healthy? We'll support you along the way. We offer information and online resources on fitness, nutrition, weight loss, stress reduction, tobacco cessation, and the latest health research.



Spend more time with your doc—

up to 30 minutes for standard appointments.**

That extra time helps you and your doctor decide, like true partners, what's best for you.

WE COORDINATE YOUR CARE WITH OUR RESPECTED PROVIDERS IN THE REGION LIKE:

Seattle Children's Hospital • The Everett Clinic • Virginia Mason Medical Center

Providence Health & Services • Overlake Hospital Medical Center • Columbia Medical Associates

You also have access to Group Health Cancer Care, supported by our affiliation with Seattle Cancer Care Alliance.

Choose for yourself. Choose  GroupHealth®

Join the conversation at choosegrouphealth.org

*OIC Provider Form A

*Some services require care at a Group Health Medical Center

**According to a study published in Health Affairs in May 2010

We believe in second opinions.

"Highest Member Satisfaction among Commercial Health Plans in the Northwest Region, Two Years in a Row."



It's rare that a health plan is the one to receive a second opinion. But that's exactly what's happened to Group Health. For two years in a row, our members rated us highest in satisfaction among Northwest plans. They examined key factors like coverage, benefits, and customer service.

The result: Group Health members were more satisfied with their plan than the members of any other regional plan surveyed, according to J.D. Power and Associates. When members are this happy about their plan, it's no wonder they have such a positive opinion.

To see why Group Health consistently achieves the benchmark in member satisfaction and experience in the Northwest, go to ghc.org/jdpower

Group Health received the highest numerical score among commercial health plans in the Northwest region (ID, OR, WA) in the proprietary J.D. Power and Associates 2010–2011 U.S. Member Health Insurance Plan Studies™. 2011 study based on 33,039 total member responses, measuring 12 plans in the Northwest Region (excludes Medicare and Medicaid). Proprietary study results are based on experiences and perceptions of members surveyed December 2010–January 2011. Your experiences may vary. Visit jdpower.com.

Introducing Group Health's mobile app. Health care as mobile as you are.

My Care

- Securely e-mail your doctor
- Schedule an appointment
- Get lab results

Symptom Checker

- Find out what ails you

Consulting Nurse

- Call
- E-mail
- 24/7

Locations

- Maps
- Directions

Wait Times

- Pharmacy
- Lab
- Avoid waiting in line

Settings

- Security options
- Preferred clinic

It does just about everything, except give you a physical.

Download it now for iPhone® and Android™ at ghc.org/mobile, or scan this code.



Some services require care at a Group Health Medical Center.

