

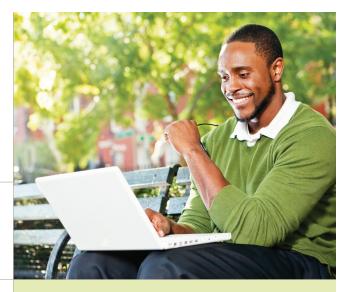
Use myODS, your personal member website, to access tools and resources to help manage your health and benefits.

## TOOLS TO HELP YOU MANAGE YOUR HEALTH

- > E-mail a doctor, psychologist, dentist or pharmacist
- > Track healthy living habits using online tools
- > Search for a provider
- > Use the web-based health and symptom evaluator
- > Complete health assessments
- > View the online medical library
- > Explore health news articles, forums and more

## TOOLS TO HELP YOU MANAGE YOUR BENEFITS

- > View your benefit eligibility and history
- Review your prescription history and pharmacy benefits
- > View account information such as your contact information and dependents
- > Order additional or replacement ID cards
- Check the status of pending claims, view your personal claim history and access claim forms



## **CREATE AN ACCOUNT**

- ··· Visit www.odscompanies.com/members
  - > Choose Not Registered?
  - > Read and acknowledge the **Privacy** Alert.
  - > Have your **ODS ID card** on hand.
  - Follow the online instructions to enter your personal information and create your account.

If you need help setting up your myODS account call customer service at 877-605-3229

Manage your benefits and access helpful tools and resources online at www.odscompanies.com/members