

# Mobile Health moves at your speed

*Get the answers you need in real time, on the go*

You're always on the move, juggling responsibilities. You don't wait for information to find you. You get what you need, when you need it – and appreciate regular reminders to keep you on track. That's where our Mobile Health app for smartphones and tablets comes in.

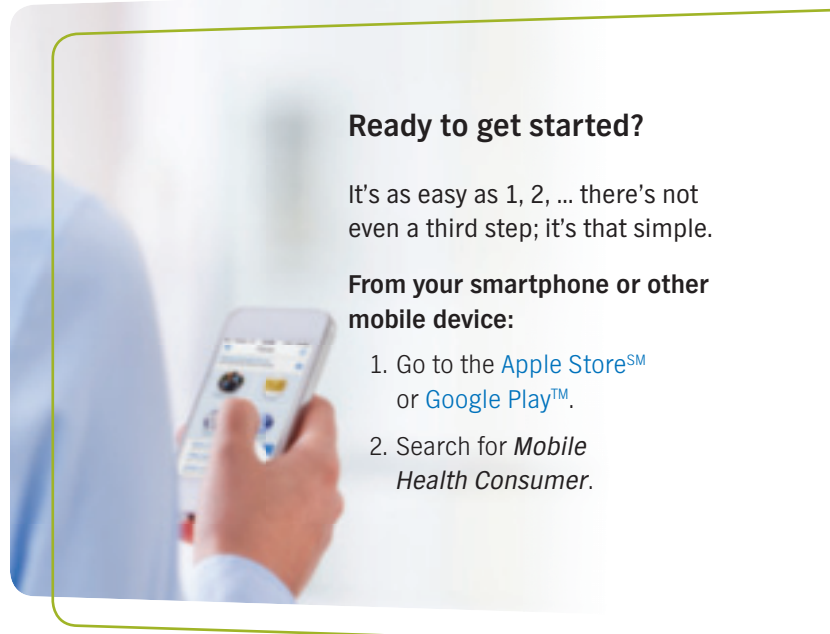
Whether you're looking for a nearby urgent care clinic, pulling up your virtual ID card or connecting with a doctor on your phone, we're with you every step of the way. And when you need guidance, we can be a few steps ahead, too.

Mobile Health is more than just another health tool. It's technology that brings together our health plan data with programs, resources and personalized content specific to your health.

## One app, many applications

With Mobile Health, you can:

- **See** a doctor face-to-face in minutes online.
- **Record** activities to qualify for health incentives.
- **Track** your biometric levels, such as body mass index (BMI), blood pressure and cholesterol levels.
- **Get** reminders about scheduling checkups and important tests.
- **Receive** suggestions and tips for managing health conditions like diabetes or asthma.
- **Check** on the status of your claims.
- **Keep** track of your deductible and out-of-pocket charges.
- **Estimate your costs** for a procedure or treatment.
- **Find** a doctor or facility in your plan.



### Ready to get started?

It's as easy as 1, 2, ... there's not even a third step; it's that simple.

**From your smartphone or other mobile device:**

1. Go to the [Apple Store<sup>SM</sup>](#) or [Google Play<sup>TM</sup>](#).
2. Search for *Mobile Health Consumer*.

**From your computer:**

1. Go to [mobilehealthconsumer.com](#).
2. Choose the **User** button in the top-right corner.
3. Select **Register Now**.

**Download and register for Mobile Health today to make managing your health care – and your life – a whole lot simpler.**