

### Questions?

Call Customer Service  
toll-free at 1-888-901-4636

### Web support

Call toll-free at 1-888-874-1620

### TTY

For members who are hearing- or  
speech-impaired, call toll-free at  
1-800-833-6388 or 711

# MyGroupHealth

## Health care made easy online



GroupHealth®

# Tools and information at your fingertips.

MyGroupHealth for Members is your personal website that lets you manage your health care from your computer.

---

## With MyGroupHealth you can:

### **CREATE YOUR HEALTH PROFILE.**

Answer a few questions online and get a customized health status report immediately. See where you're doing well and get tips on areas to make changes.

### **REFILL PRESCRIPTIONS.**

Refill prescriptions and receive them in a few days. Shipping is free!

### **CHECK YOUR BENEFITS.**

Check your coverage information, benefits and services—even track deductibles and out-of-pocket expenses.

### **LOOK UP HEALTH INFORMATION.**

Browse more than 5,000 health care topics in our searchable health library.

## MyGroupHealth is private.

The security of your health information is our priority.

## And if you get care at Group Health Medical Centers, you can also:

### **E-MAIL YOUR DOCTOR'S OFFICE.**

Send your health care team a secure message and you'll hear back typically by the end of the next business day.

### **REQUEST APPOINTMENTS.**

It's easy: just pick the doctor, time, and date you want. Cancel appointments as well.

### **REVIEW VISIT AND CALL SUMMARIES.**

These include doctor visits and Consulting Nurse calls and provide comments and instructions.

### **GET TEST RESULTS.**

You'll receive an e-mail notification as soon as they're available online.

### **VIEW YOUR ONLINE MEDICAL RECORDS.**

Including test results, immunization records, allergies, and current health conditions.

### **ACCESS YOUR CHILD'S RECORDS.**

See your child's online medical record, including any test results, and view or print immunization records. Exchange e-mail with your child's doctors and request appointments. (Available for most children through age 12.)



## Take the tour

Visit [ghc.org](http://ghc.org) and click "Tour Online Services."