Coventry Health Care makes it easier for you to find, use and control your personal health and benefits information with My Online Services. Think of My Online Services as your personal health assistant with interactive tools that help you manage your health care.

Your Personal Health Record is at the center

Keeping a Personal Health Record (PHR) is good for your health. It can help your doctor treat you appropriately and reduce the risk of medical errors. In addition, a PHR can help you live a healthier lifestyle.

Your PHR on My Online Services allows you to view, store and track personal health information securely on the web. You can print your PHR and bring it with you to your doctor’s office.
Access everything you need from a single screen

Managing your health care is easier because the most important information is right in front of you—where it’s easiest to use. From a single screen you can access:

• Health news presenting important breaking news that is tailored to your needs
• Recent claims and claims activity showing how much of your deductible you’ve met and other important information
• Pharmacy detailing current medications, dosage and last refill date with easy access to the prescription drug formulary and drug information
• Lab Results marking your most recent tests and results

Exciting features help you take charge of your health

• **Calendars and Reminders** tracking appointments and events and delivering reminders specific to your health or condition.
• **Health Tracking** listing vital statistics, like weight, cholesterol, blood pressure and blood sugar. You can include immunizations, allergies and log your exercise and eating habits. In addition, you will be able to view your progress over time in charts and graphs.
• **My Vitals** so you can create and print a customized wallet card with information such as current medications, allergies, immunizations and any other information that could be useful to a medical professional.

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**Your health is your most important possession.** My Online Services simplifies your health care with tools that are easy to use and understand. Experience a whole new world of health benefits at My Online Services. Here’s how to get there:

1. Go to the web site on your ID card.
2. Select the “Members” menu.
3. Click “Login/Register” on the Member home page.
4. Click “Register Now.”
5. Follow the instructions given to register.
   **If you are a current user, you will need to register.**