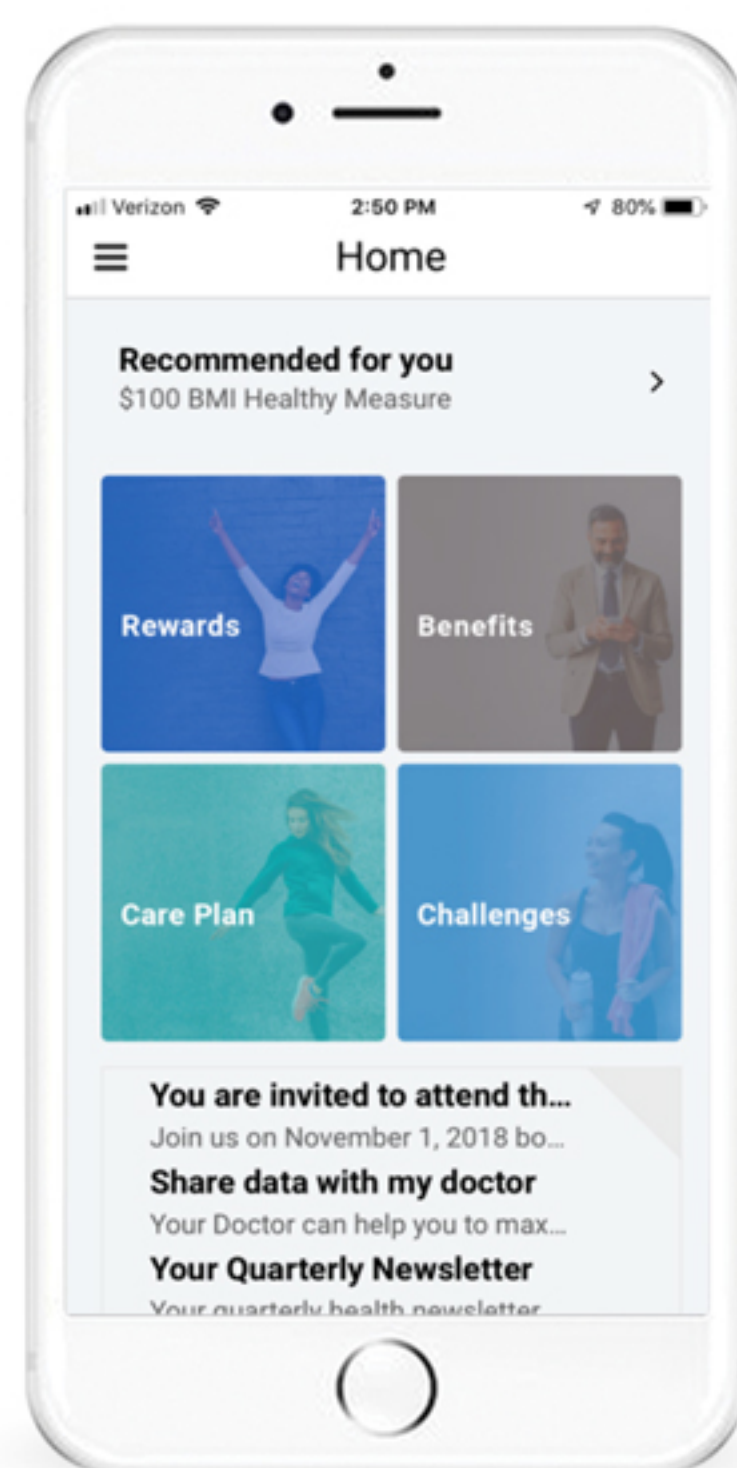




## Getting Started

Mobile Health provides important alerts, communications, education, rewards, and personalized navigation through your health resources allowing you to make the best choices for you and your family's health. It provides one place to access all of your HR, benefit, and wellness information without having to navigate between multiple websites. You can access your insurance ID cards, benefit plan summaries, health savings account balance, insurance balances, deductibles, and important communications. You can find low-cost, high-value health services and even earn rewards for healthy activities!



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## Getting Started!

1.

Download the **Mobile Health Consumer** app to your mobile device from the **App Store** or **Google Play**.



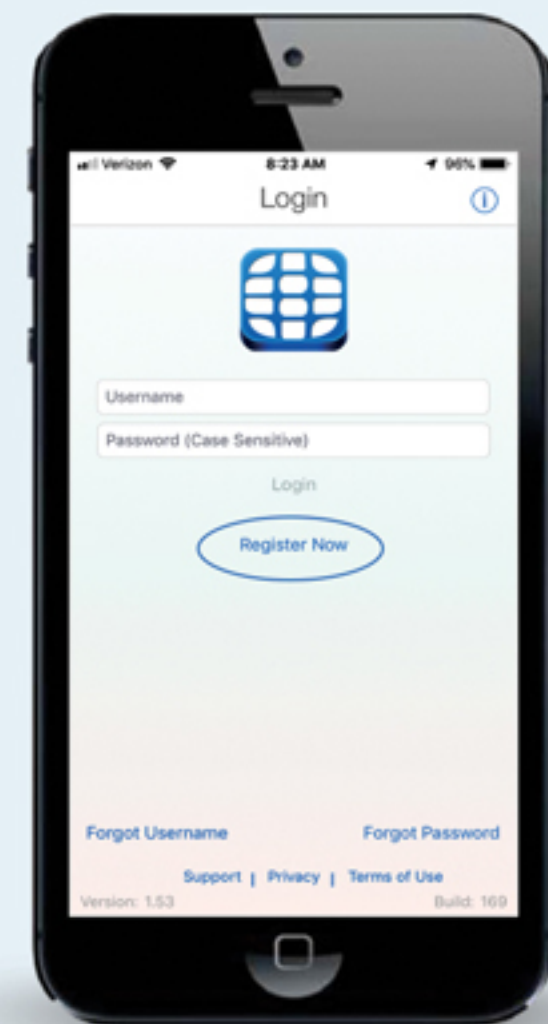
Don't have a mobile device? Access the app from your computer:

<https://www.mobilehealthconsumer.com/web/pages/login.html>



2.

Open the app and select **Register Now**.

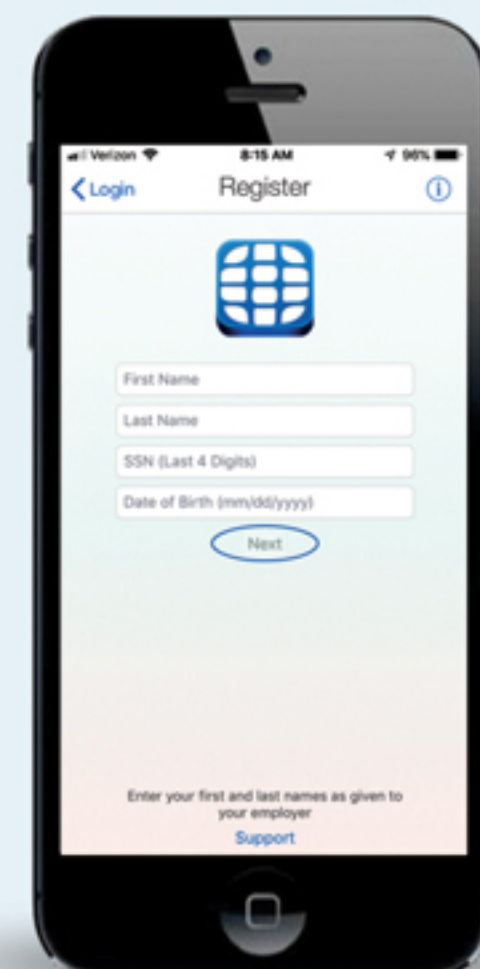


3.

Enter your first and last name, the last four digits of your social security number, and your birthdate (e.g. 05/23/1985).

Then select **Next**.

Your first and last name must be entered exactly as it appears on your medical ID card or your employer's record – including if you have a hyphenated name. For example, enter "Robert" instead of "Bob" if this is how your name appears on HR records.



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4.

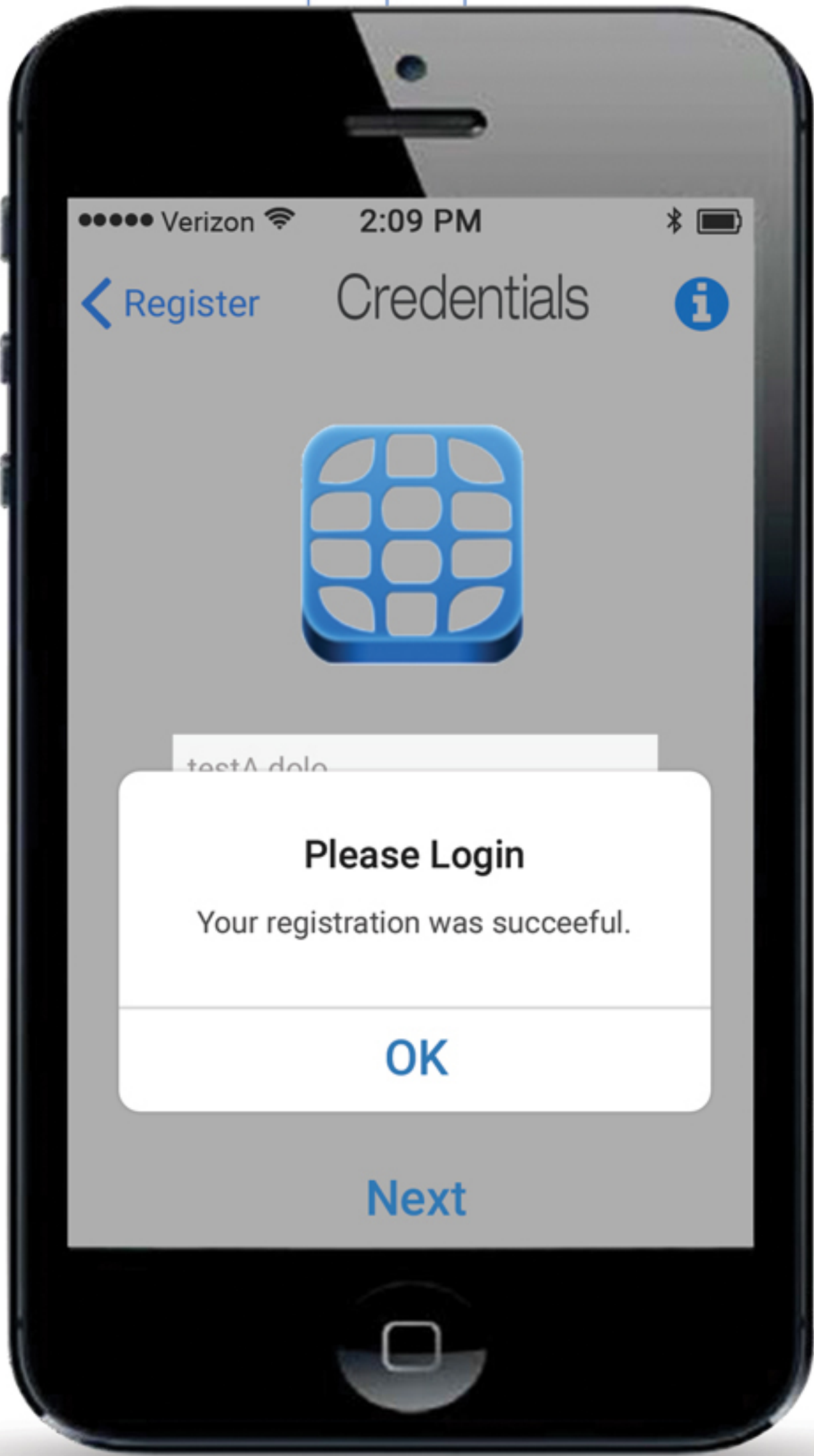
Mobile Health automatically gives you a username. You can keep this username or create your own.

5.

Set your password and enter your email address. Then select **Next**.

6.

You just registered! Tap **OK** and login with your username



## Taking the Tour

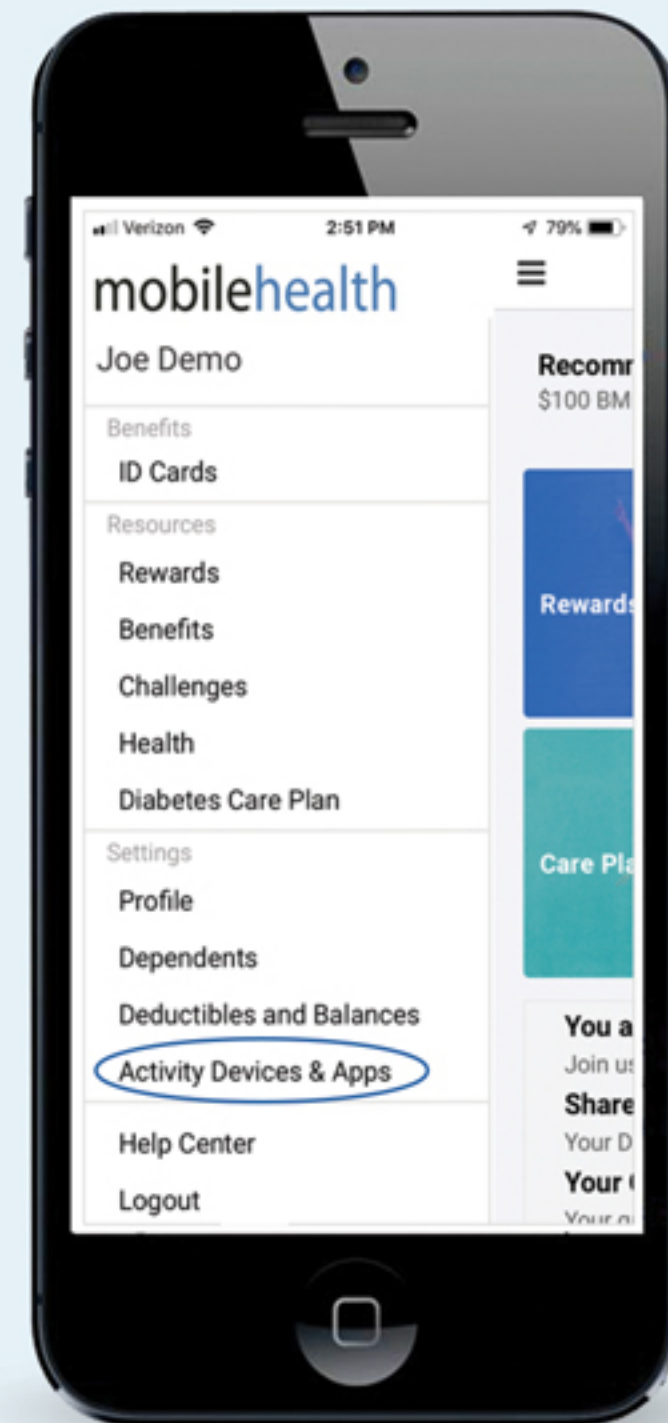
Now that you are registered with Mobile Health, you can personalize your experience by linking your activity tracker, accounts, and deductibles where applicable. Linking your eligible accounts and/or wearables allows Mobile Health to display your current health data. This allows you to make the best choice for your health and earn rewards.

## Linking Your Activity Tracker

If your employer has activated the Activity Tracker functionality, you can link your fitness device account to Mobile Health. Linking your account displays your steps within Mobile Health, allowing you to track your goals, and earn any eligible rewards.

1.

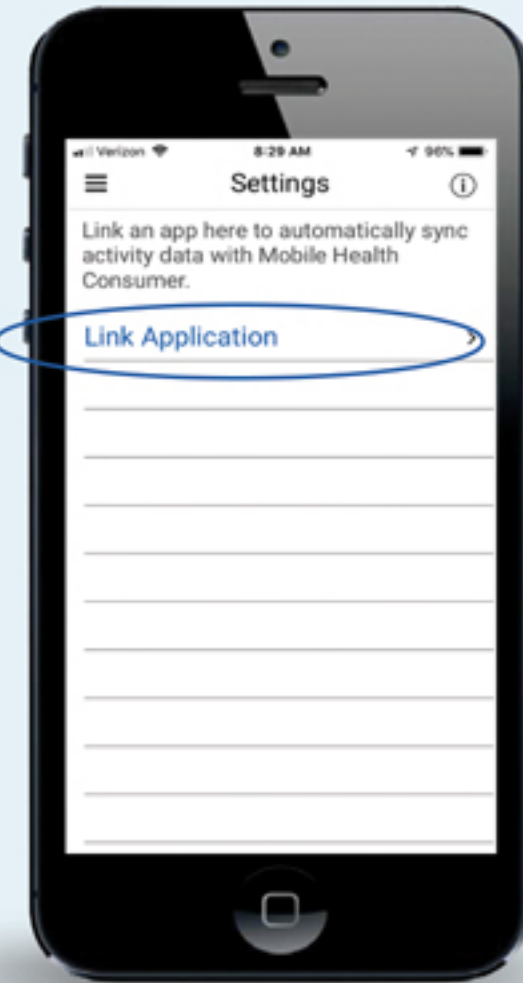
Tap **Activity Devices & Apps** on the left navigation.



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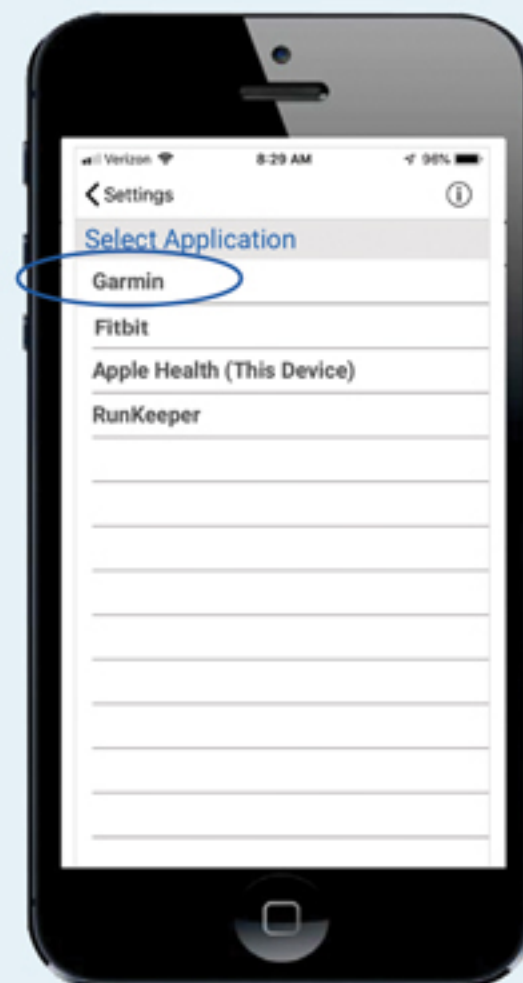
2.

Tap  
**LINK APPLICATION.**



3.

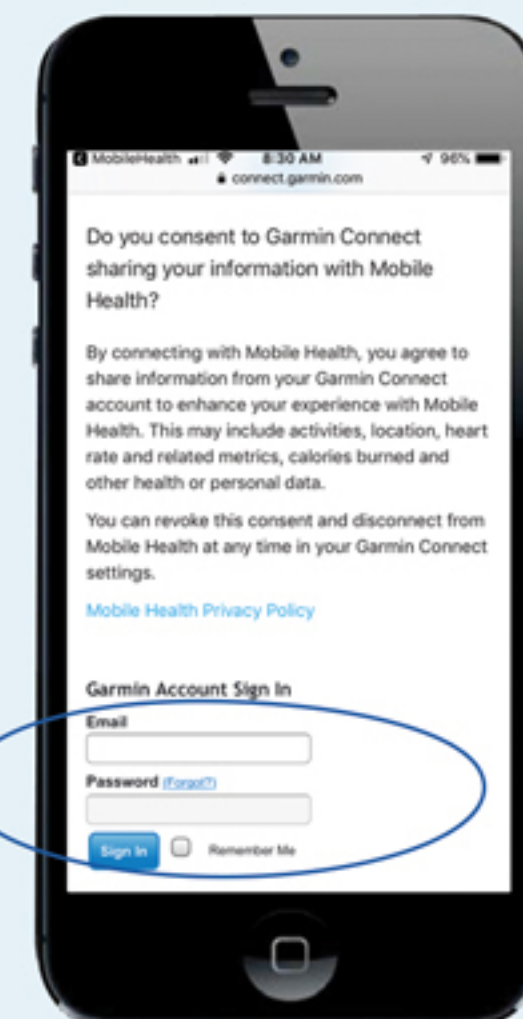
Tap the type of Activity Tracker account you want to link. For example, **GARMIN**



4.

Enter your credentials for your activity tracker account or in the case of Apple Health, enable access to your steps. In this example, the user would enter the email and password for his or her Garmin account.

You are all set! You linked your Activity Tracker account to Mobile Health.

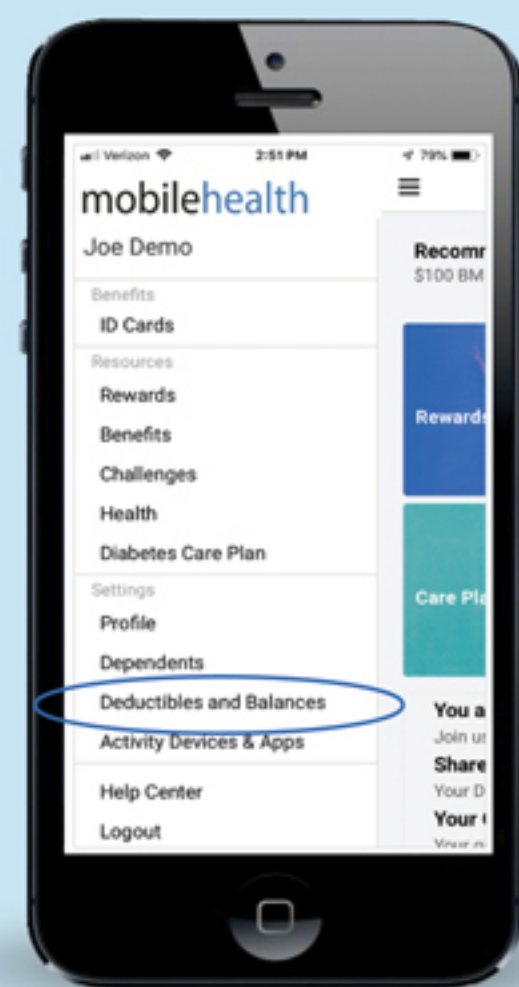


# Linking Your Health Deductible

Linking your medical account allows you to know when you have met your deductible. Should you have a health savings account (HSA), you can also link this account which allows Mobile Health to display your current balance. Having access to your information in one place is helpful when making decisions about your health.

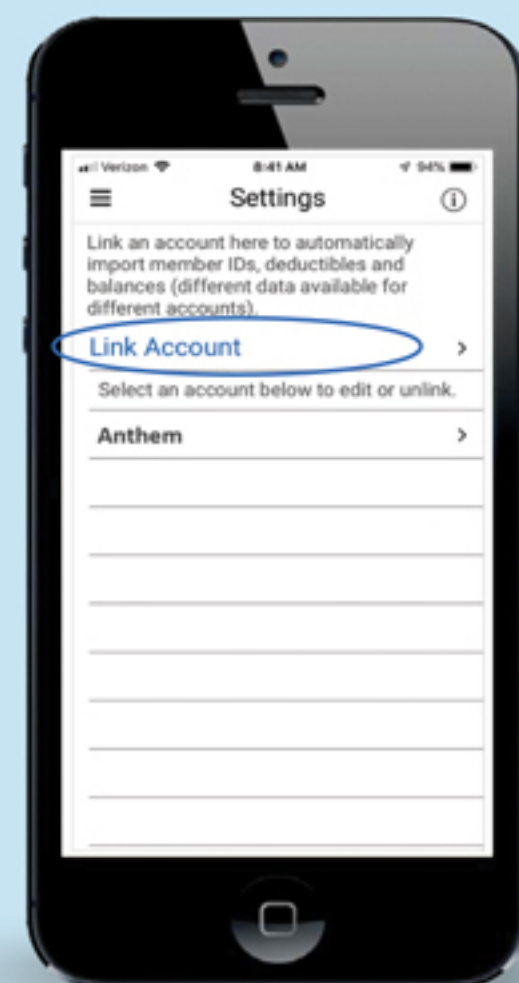
1.

Tap **Deductibles & Balances** on the left navigation.



2.

Tap **Link Account** to view a list of eligible accounts you can link to Mobile Health.



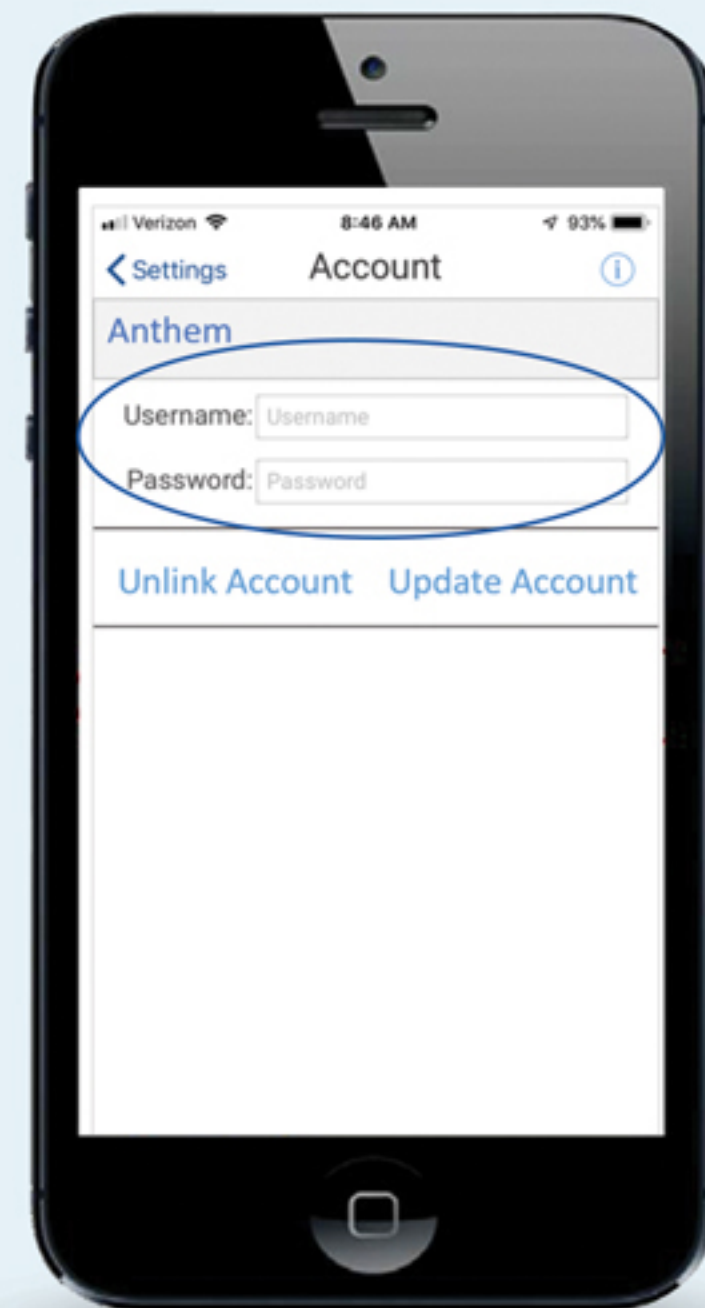
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3.

Tap the account you want to link. In this example the user selected "Anthem Combined."

Enter your Username and Password for your account.

Repeat the steps if you have an additional account to link.



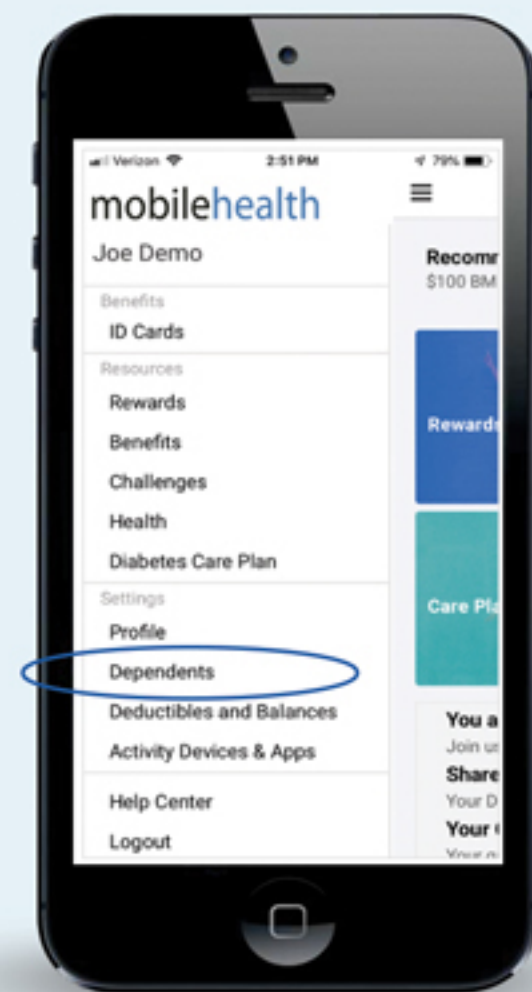
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## Linking an Eligible Dependent

If your employer provides eligible dependents with access to Mobile Health, you can invite dependents to register from your home page. An eligible dependent must be enrolled in your medical plan as a dependent and be at least 18 years of age. Inviting dependents to register for Mobile Health will provide them with access to important health information, their medical ID cards, and if eligible, rewards for healthy activities.

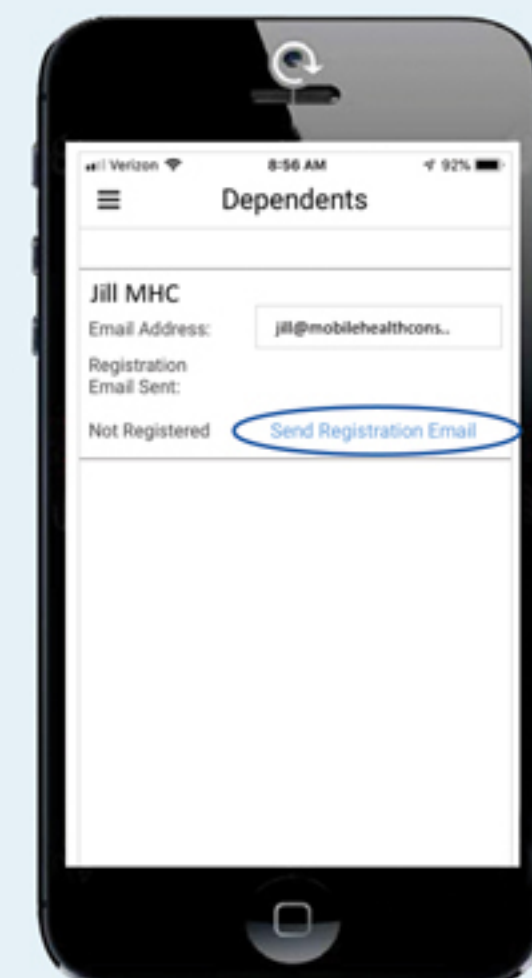
1.

Tap on **Dependents** on the left navigation.



2.

A list of eligible dependents will display. Enter your dependent's email address and tap **Send Registration Email**.



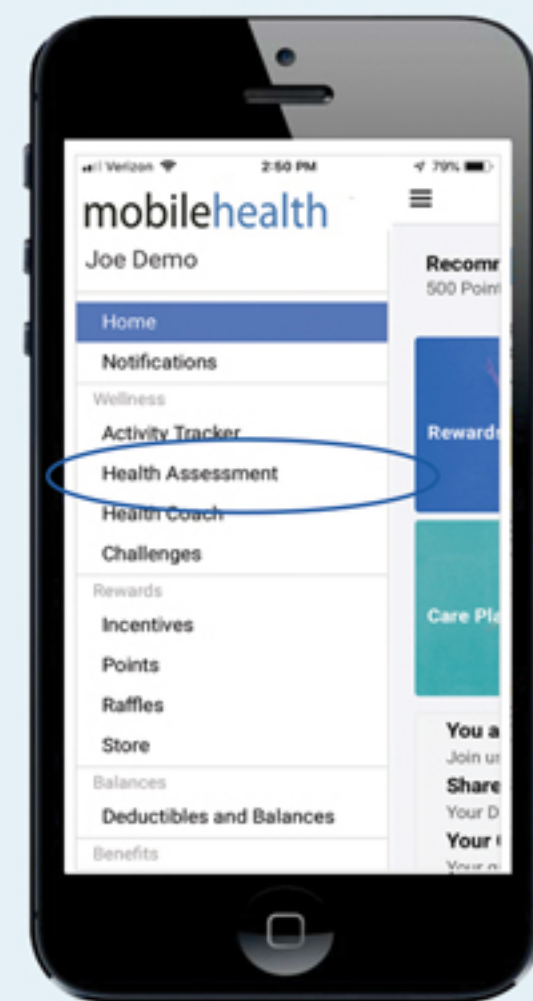


## Completing Your Health Assessment

Completing your health assessment is an important step in personalizing your experience in Mobile Health. After answering a few questions, Mobile Health navigates you to eligible resources offered by your employer, provides you with important personalized health alerts and information, and helps you understand how to use your medical plan.

1.

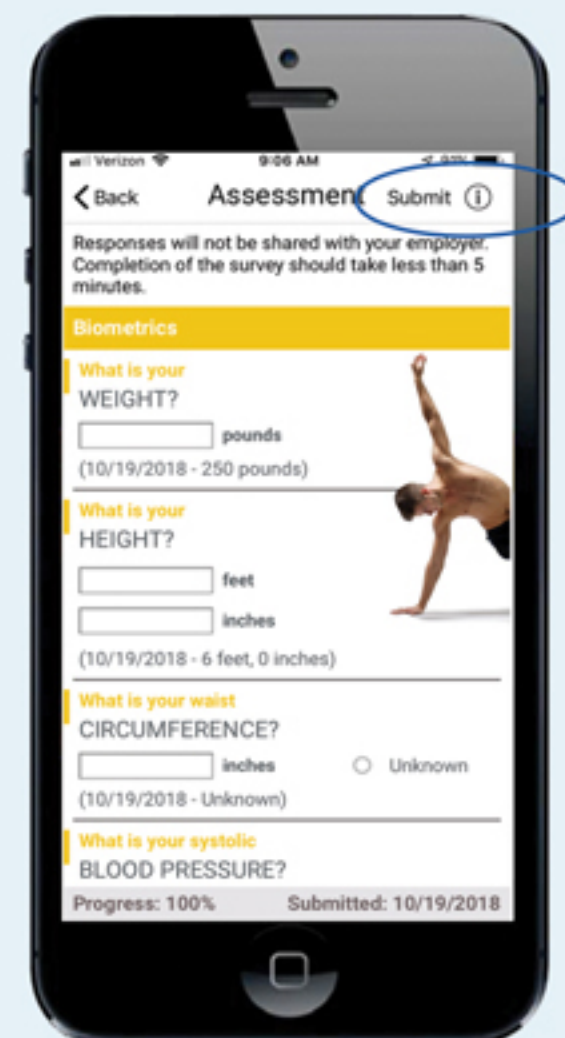
Tap on **Health Assessment** on the left navigation.



2.

Complete the Health Assessment by tapping through the fields. Once complete, tap **Submit**.

Congratulations! You have completed one of the most important steps for personalizing your communications and health resources!



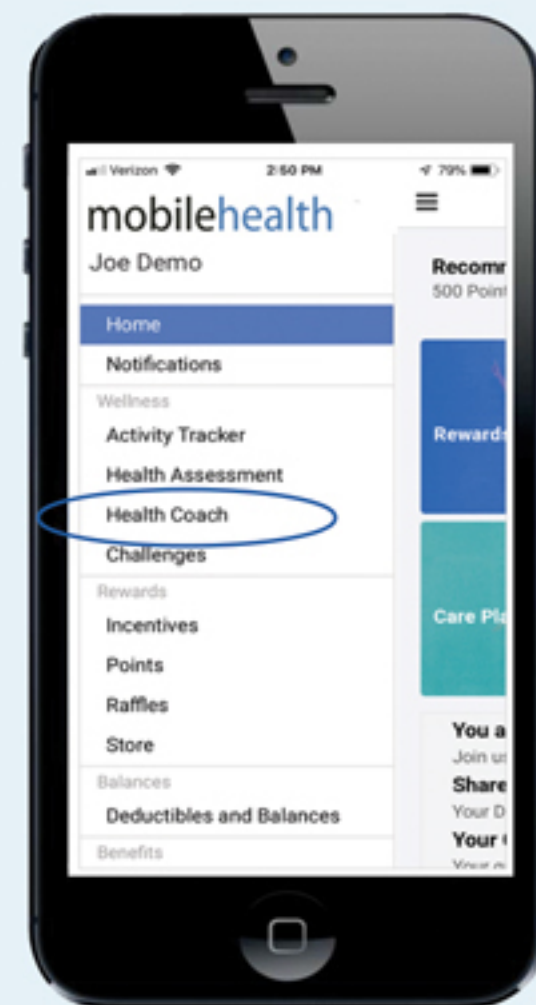
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## Health Coach

After completing your Health Assessment, Mobile Health automatically routes you to your **Health Coach**. The Health Coach provides you with information on your current health, as well as any health risks that may require attention.

1.

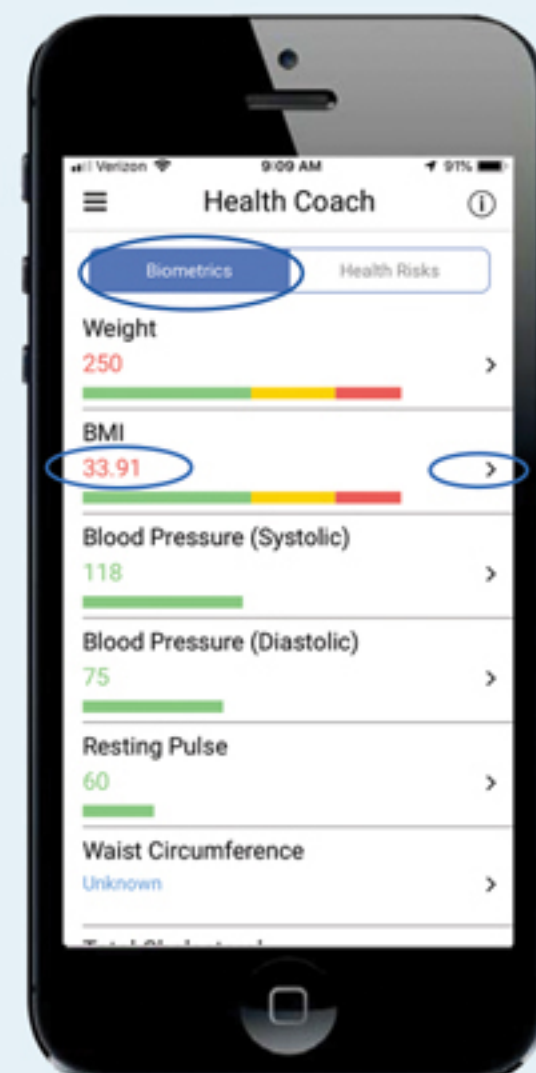
You can access your **Health Coach** at anytime from the left navigation.



2.

In your **Health Coach**, you can view your health numbers by tapping **Biometrics**. Health Coach helps you understand if your biometrics are within healthy guidelines; numbers displayed in red indicates areas that may need attention.

Tap the arrow next to any biometric for additional education about your health.

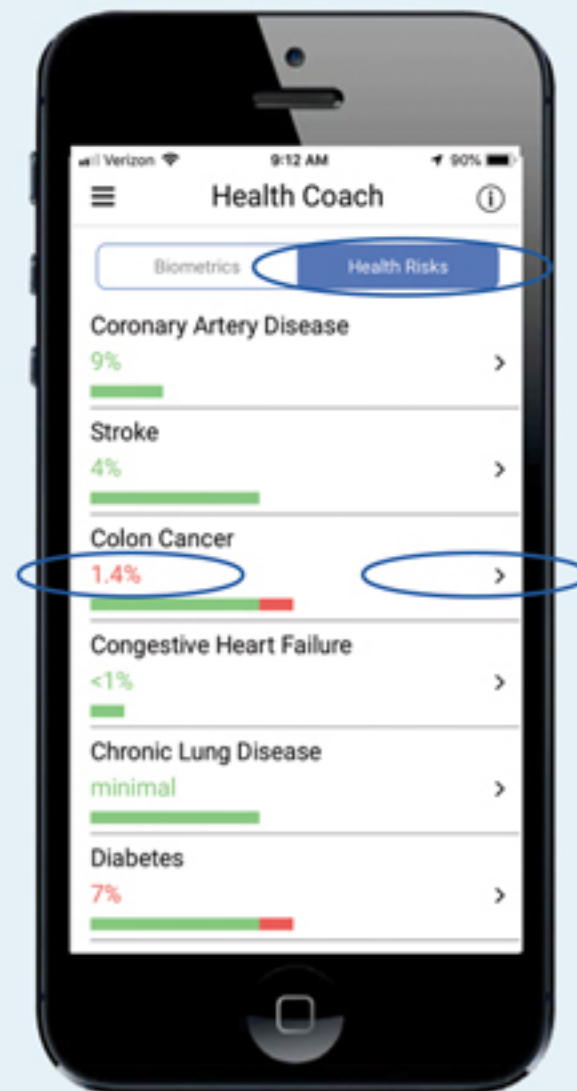


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3.

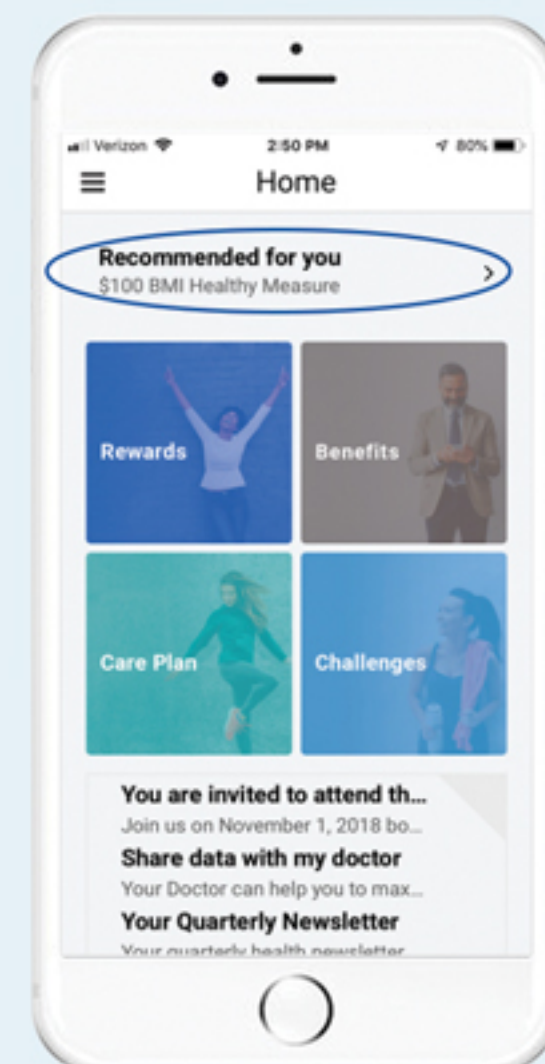
You can view identified health risks that may need attention by tapping **Health Risks**. Health Risks displayed in red represent an elevated risk of developing a particular disease.

Tap the arrow next to the health risk to view details about your health and how to manage your risks.



## Checking Your Alerts

In an effort to simplify healthcare, Mobile Health provides a **Recommended for You Banner** at the top of your home page. This personalized banner alerts you to important items such as open enrollment, eligible programs, or rewards to earn.



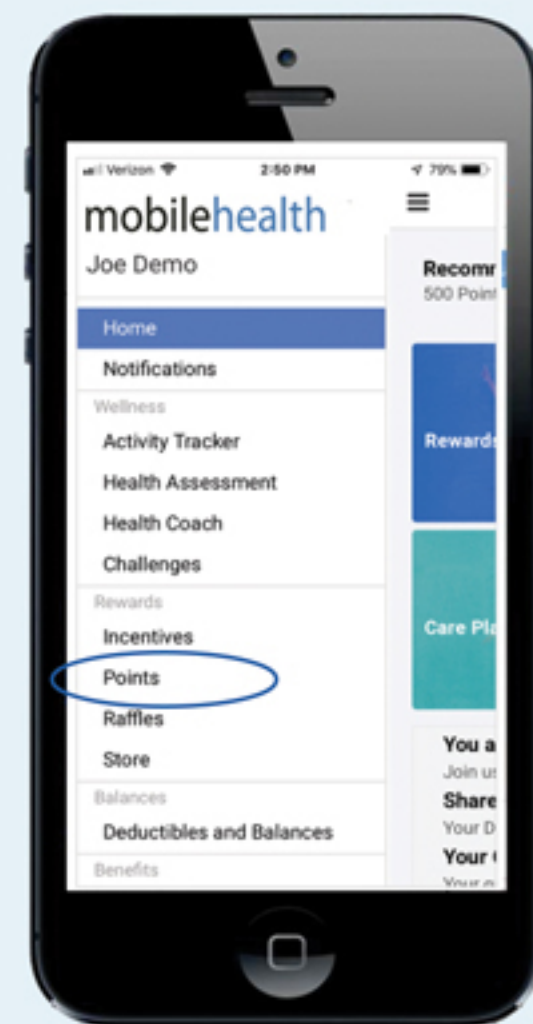
## Rewards or Points

If your employer offers rewards or points for the completion of healthy activities, you will see **Incentives**, **Points**, and/or **Reimbursements** under the Rewards section on the left navigation. Here you can access rewards to earn or track rewards history.

1.

The **Rewards** section displays incentives your employer offers whether monetary, raffles, points, or reimbursements. Tap any of the rewards to display your personal dashboard.

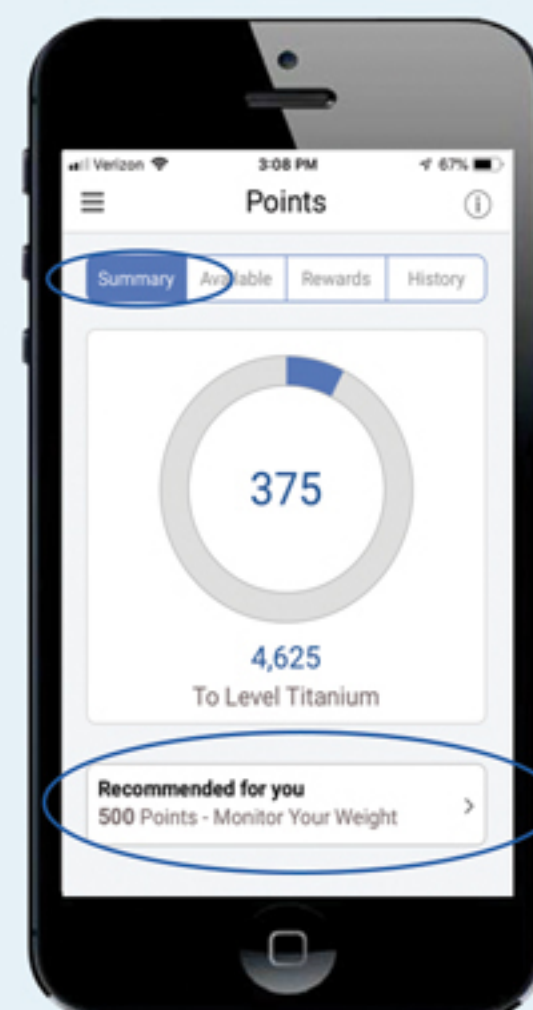
In this example, the user tapped **Points** to display their points dashboard.



2.

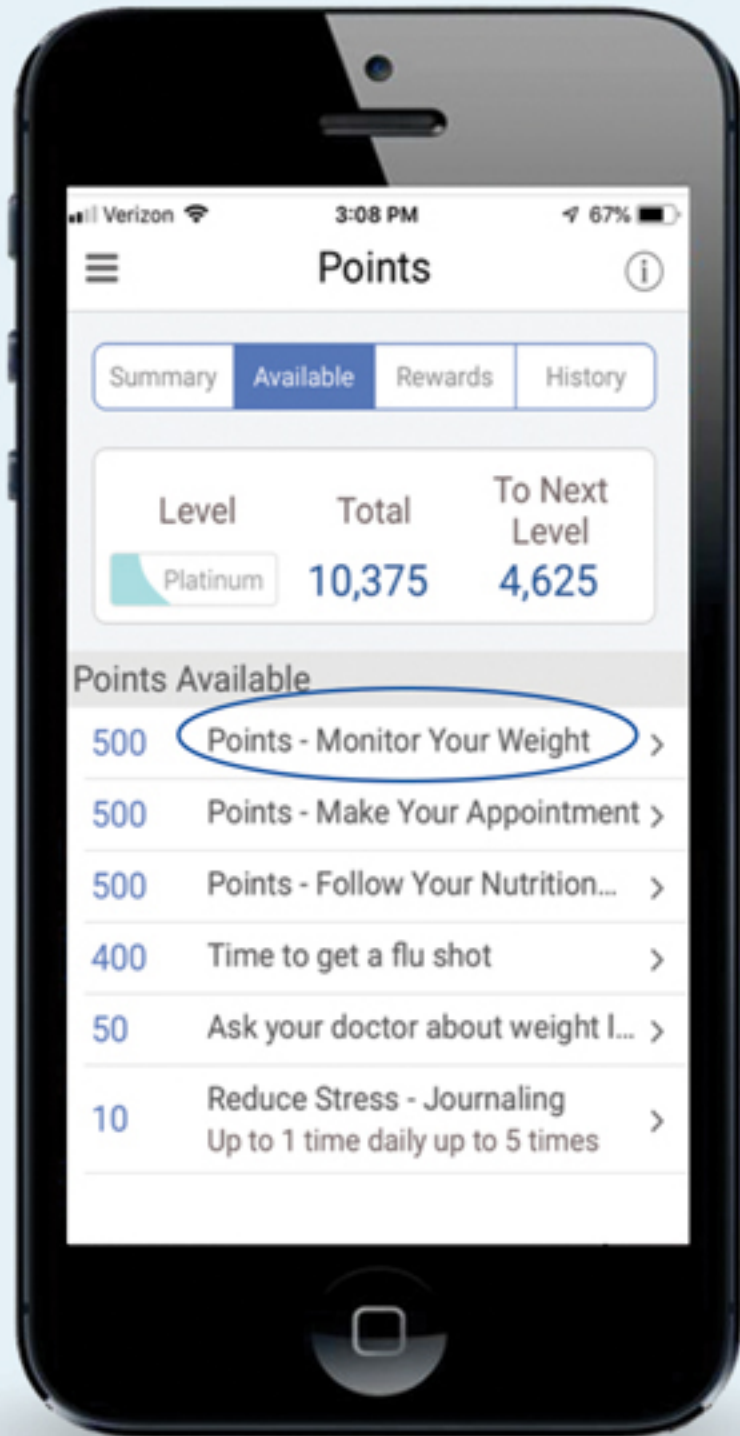
The **Summary** tab shows the user has earned 375 points, and needs 4,625 additional points to reach Level Titanium.

There is also a **Recommended for you** incentive in which the user can earn 500 points if he or she completes the activity.



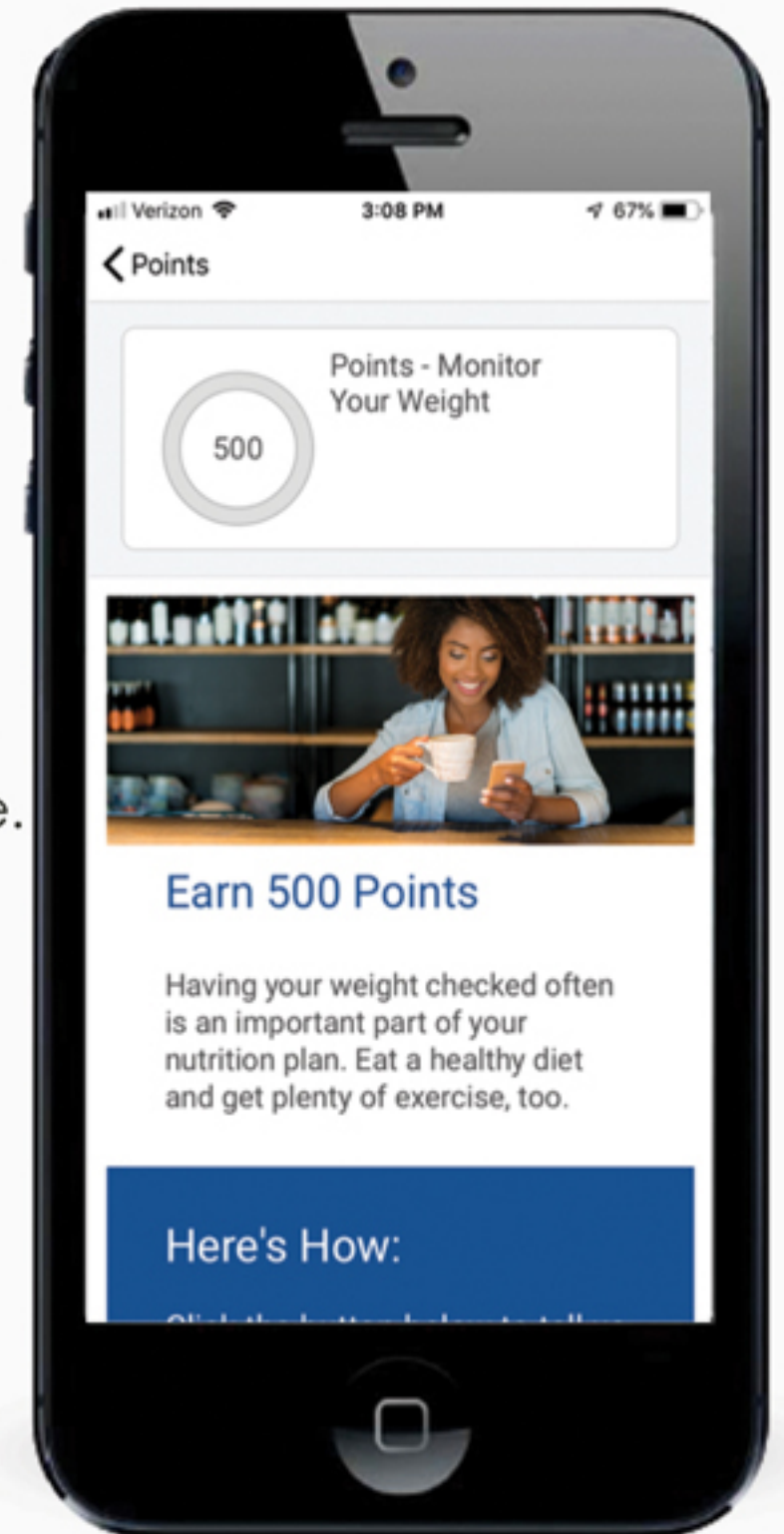
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3.



Tapping the **Recommended for you** bar displays the highlighted incentive.

4.

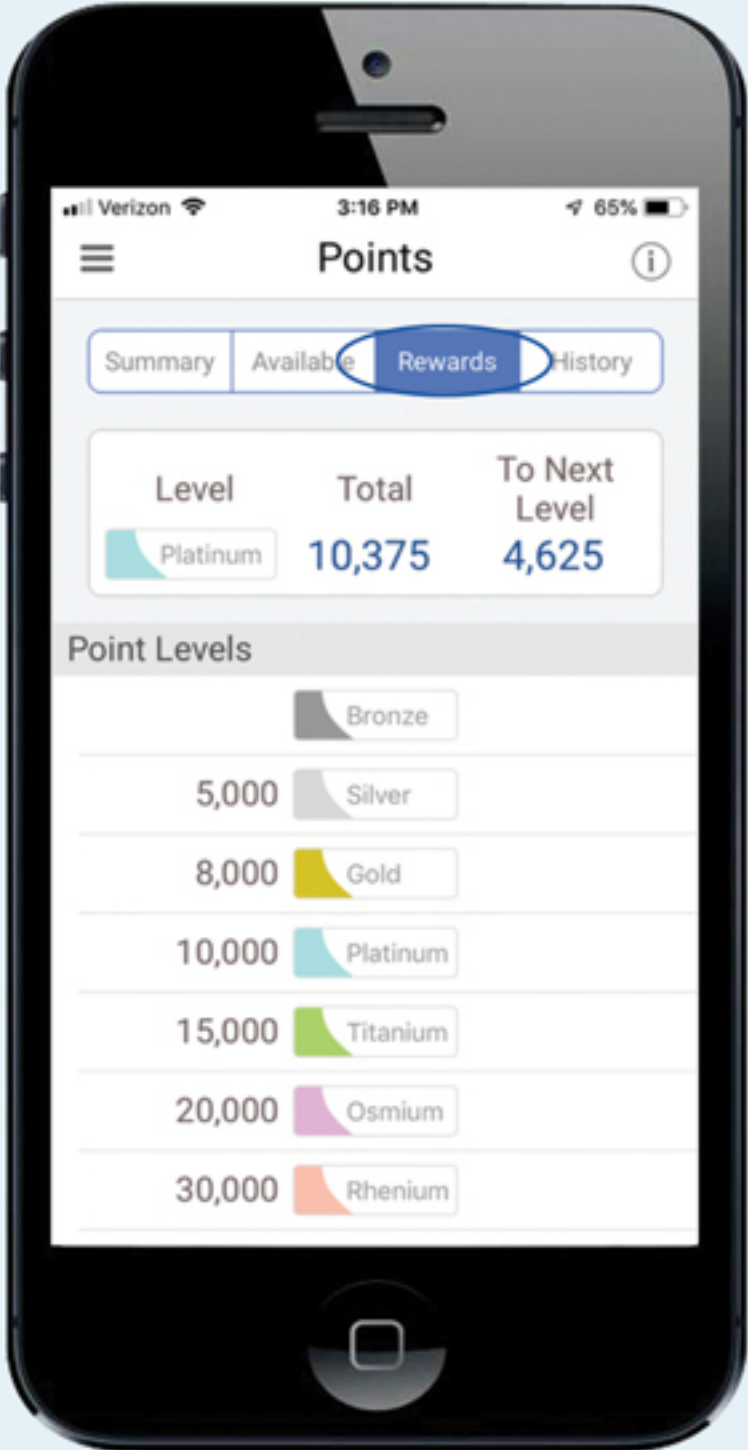


Tap the **Arrow** beside the item to view details on how to earn the incentive.

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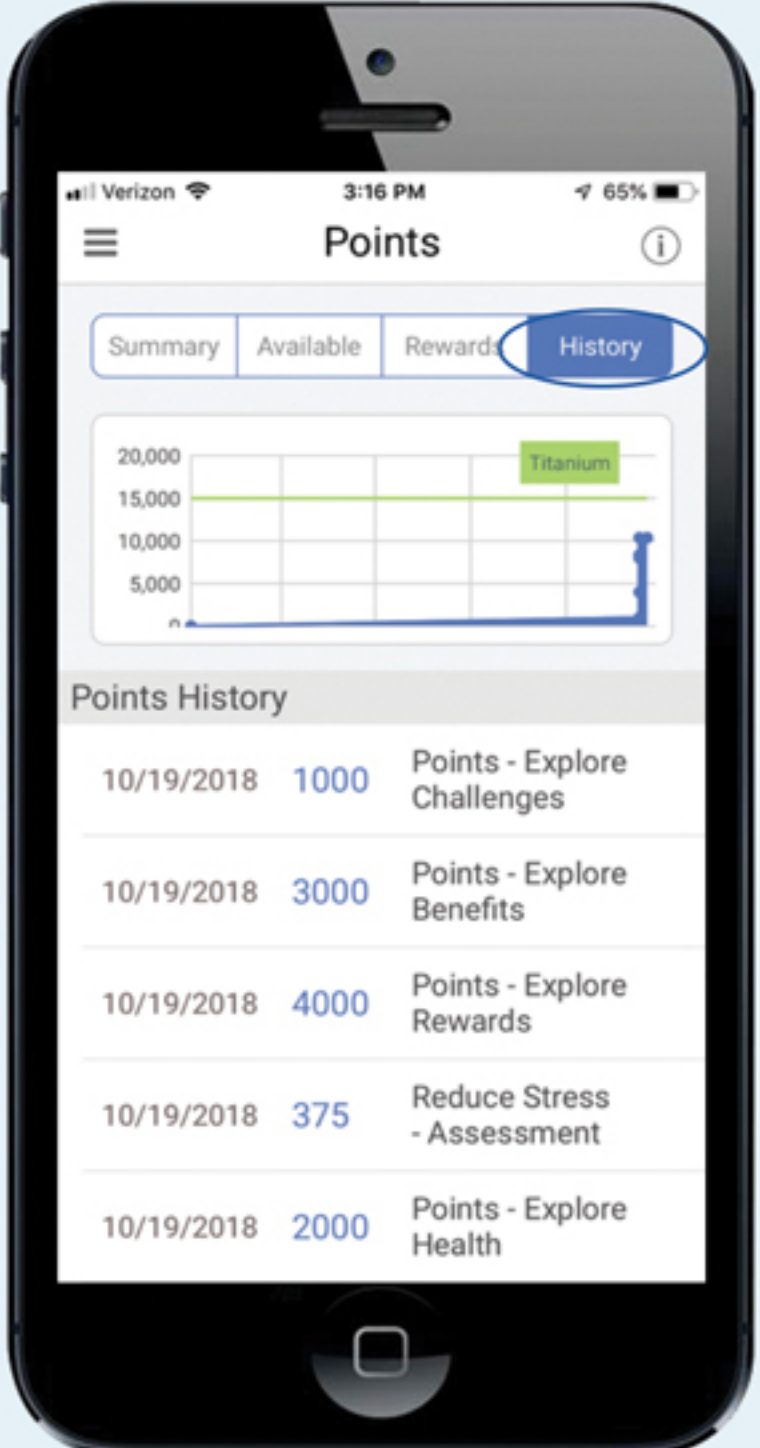
5.

Tap **Rewards** to view your points level.



6.

The **History** tab displays points you have already earned.



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## Completing Your Profile

Keeping your **Profile** current in Mobile Health is important. Your Profile is where you can change your **username, password, and email address** Mobile Health uses to communicate with you. You can also set content preferences in your Profile.

