

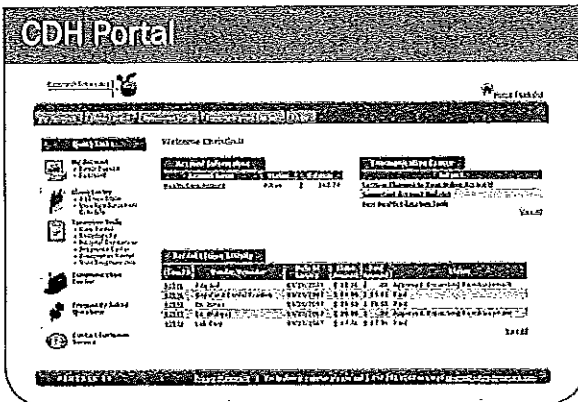


CDH Portal: Online Account Information and Tools

A major component of Consumer-Directed Healthcare (CDH) is providing consumers with the tools and education they need to make informed healthcare decisions. Our online CDH Portal puts the account information and health education tools you need to make wise healthcare decisions at your fingertips.

Where to Begin:

- Go to www.connectyourcare.com
- Select the log in link from the upper right hand corner.
- Sign in with your user name and password.
- If it is your first time visiting the site, choose **New User Registration** to select your user name and password.



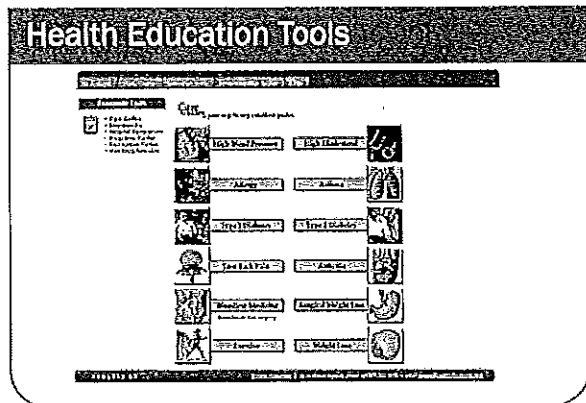
Online Account Access

ConnectYourCare makes it easy to access and manage your account online. Use the CDH Portal to:

- Get Account Balance
- View Payment Card Charges
- Enter a New Claim
- View Claims/Submit Receipts* for Purchases Requiring Substantiation
- View Claim Status
- Access Communication Center Messages
- View Reimbursement Schedule
- Use Consumer Tools
- Find Answers to Frequently Asked Questions

*Remember to save your receipts; IRS rules require them as verification.

Health Education Tools



Health Education Tools

The online CDH Portal gives consumers access to valuable health education tools, including:

- **Care Guides:** Information on chronic conditions, such as asthma and high blood pressure
- **Hospital Comparisons:** Independent comparisons of area hospitals by procedure or diagnosis
- **Prescription Center:** Average costs for thousands of prescription drugs, cost effective prescription alternatives, and printable guides to take to a doctor
- **Pregnancy Center:** Important information for all stages of pregnancy
- **Healthy Living Tips:** Advice on living, eating and exercising
- **Medical Encyclopedia:** Detailed information on thousands of health topics, including symptoms, surgical procedures, medical tests, poisons, and injuries
- **Diseases and Conditions:** A - Z listing of over 1,500 ailments with treatment and prevention options
- **Special Topics:** A collection of health related topics from Aging to the Food Guide Pyramid
- and much more!