

My Health Online Tool

Whether you need to see how much a doctor billed, look up prescription costs, or learn more about your benefits, My Health is your source for personal plan information. *My Health* is available 24 hours a day, seven days a week through our mobile app or at selecthealth.org. Log in and click the SelectHealth icon to get started.

Coverage and Claims

View your plan information, claim details, Explanations of Benefits (EOBs), and sign up for paperless EOBs.

Pharmacy Tools

Access your pharmacy benefit information, claims, prescription history, and lower-cost drug alternative information.

ID Cards

Lost your ID card? No worries- you can view and print copies of your card on *My Health*.

Send Secure Messages

Send secure messages to SelectHealth Member Services or your doctor. This is a confidential and convenient way to get your questions answered.

Access Medical Records

Integration with IHC gives you access to your medical records* through *My Health*. You can view lab results, medications, and imaging reports. You can also track doctors appointments and email questions to providers who participate in this program

- *(May not be available for all providers and facilities)*

Request a Call or Chat with SelectHealth

Use the call request feature to get in touch with Member Services. Or log in to *My Health* and reach out to their secure online with their chat function.

Need More Information

WEBSITE: selecthealth.org/myhealth

PHONE: 800.538.5038