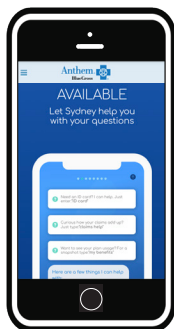


# HEALTH CARE IN THE PALM OF YOUR HAND

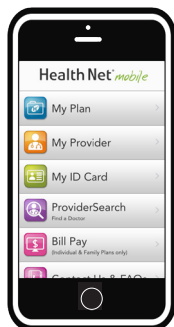
It's that simple

Life happens when you least expect it. Our 8 health plans offer convenient, easy to use mobile apps so that you can quickly access your health information at the touch of a button.



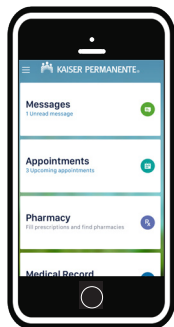
## CHECK OUT ALL YOU CAN DO WITH THE ANTHEM BLUE CROSS APP

- > View and use digital ID Cards
- > Search for a doctor, specialist or urgent care
- > Use the interactive chat feature and get answers quickly
- > Check My Family Health Records (myFHR)
- > For more information, visit [www.anthem.com/ca/blog/member-news/sydney-app-anthem-ca/](http://www.anthem.com/ca/blog/member-news/sydney-app-anthem-ca/)



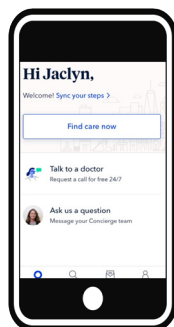
## HEALTH NET MOBILE IS AN EASY WAY TO VIEW YOUR ONLINE ACCOUNT

- > Mobile ID Cards for you and your dependents
- > View your health plan details
- > Access your primary care physician information
- > Search for providers and urgent care facilities
- > For more information, visit [www.healthnet.com/mobile](http://www.healthnet.com/mobile)



## USE THE CONVENIENT FEATURES OF THE KAISER PERMANENTE MOBILE APP

- > Schedule or cancel routine appointments
- > Email your doctor's office
- > View most test results
- > Order prescription refills
- > View past visits
- > For more information, visit [m.kp.org](http://m.kp.org)



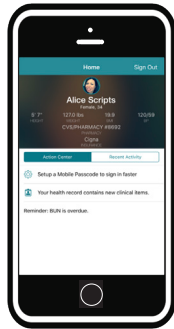
## OSCAR HEALTH – IT'S ALL IN THE APP

- > Find a primary care doctor or specialist in seconds
- > Message your personal Concierge team about bills, prescriptions, doctors, and more.
- > Talk to a doctor in two taps – a doctor will call you within 15 minutes
- > View your digital ID card and health record– all in one place
- > For more information, visit [www.hioscar.com/app](http://www.hioscar.com/app)

CALCHOICE.COM

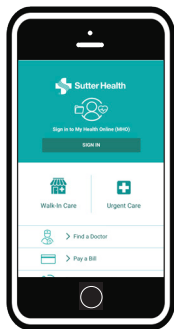
800.558.8003





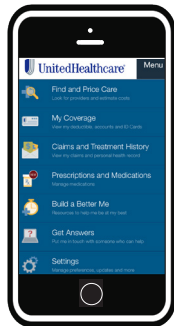
## SHARP MEDICAL SERVICES OFFERS A CONVENIENT, EASY TO USE MOBILE WEBSITE

- > Schedule appointments
- > View test results
- > Send a message to your doctor
- > View patient education material
- > For more information, visit [www.sharp.com/patient/followmyhealth/](http://www.sharp.com/patient/followmyhealth/)



## 24/7 HEALTH CARE AT YOUR FINGERTIPS

- > Email your provider & schedule appointments
- > Look-up symptoms
- > Find doctors and care centers nearby
- > Have a video or phone visit with a doctor through MDLIVE
- > For more information, visit [mho.sutterhealth.org/](http://mho.sutterhealth.org/)



## UNITEDHEALTHCARE'S HEALTH4ME APP PROVIDES INSTANT ACCESS TO YOUR HEALTHCARE INFORMATION

- > View and share member ID cards
- > Search for physicians by location or specialty
- > Estimate prescription costs
- > Contact a registered nurse 24/7 for advice
- > Check the status of deductibles
- > For more information, visit [www.myuhc.com](http://www.myuhc.com)



## USE THE WESTERN HEALTH ADVANTAGE MOBILE APP TO MAKE THE MOST OF YOUR HEALTH PLAN

- > Keeps an electronic copy of your member ID cards
- > Quickly access your primary care physician information
- > Get details about your healthcare plan
- > Access the 24/7 nurse advice line
- > For more information, visit [www.mywha.org](http://www.mywha.org)