

Getting Started



You only need to register once on either optimahealth.com or the Optima Health mobile app to take advantage of our secure digital tools.

As a registered user you can:

- schedule virtual care visits for medical and behavioral health care
- get estimates for treatment costs
- check your claims
- view your benefit information
- find participating doctors
- view your primary care physician
- print and order a new member ID card
- view authorizations
- access important insurance documents and forms
- learn about preventive health programs
- sign up to receive Explanation of Benefits (EOB) statements and other documents electronically
- complete a Personal Health Assessment
- update your contact information
- and more!

From either optimahealth.com or the mobile app, access our entire suite of health and wellness tools, including the Personal Health Assessment (PHA):

Live Well

Take stock of your current health status and proactively plan for your future by taking our online PHA. The assessment takes minutes to complete. When finished, you'll instantly receive a report, health score, and suggestions for improvement. Improving your health can be fun when you know where to start.

Start Now

Sign in, click the *Personal Health Assessment* link, and follow the prompts.

Learn How

Once you have completed your PHA, let the My Health Assistant—your online “coach”—help you set up a health routine specific to your needs and goals.

Do you need to find doctors, pharmacies, or hospitals?

Visit optimahealth.com or the Optima Health mobile app to find doctors, hospitals, pharmacies, urgent care centers, and behavioral health providers. You can even find out-of-network providers.

For more information, visit:
optimahealth.com

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