

# MyHealth Advantage

*We're watching out for you!*

It's hard enough remembering birthdays, anniversaries and all the big events in your life. Taking care of your health? That's easy to forget. But there's a program that can help.

MyHealth Advantage connects your claims, doctor reports, personal health history and other information for a bigger picture of your health. If we see things you can act on to help improve your health or save money, you'll get a **MyHealth Note** — a confidential health summary that includes:

- **Money-saving tips.** For example: Can you switch from a brand-name medicine to a lower-cost generic?
- **Prescription drug updates.** Time for a refill? We'll let you know.
- **Reminders for checkups, tests and exams.** We'll keep nudging you about scheduling preventive care.
- **Lists of recent claims and prescriptions.** Share these with your doctors.
- **General health tips.** Are you at risk for diabetes or another condition? We can give you the warning signs.

The program can help you keep health issues from developing or becoming serious. And that means lower health care costs down the road.

MyHealth Notes are mailed to you. Or you can read our “Suggestions” on your iPhone or Android device by downloading the Sydney app. With this app, you have the option of getting personalized health messages on the go via the Secure Message Center.



## Help is on the way — even if you didn't know you needed it!

Look for your MyHealth Note in your mailbox or read our “Suggestions” in your plan's Secure Message Center (website and mobile app).



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