

WebMD[®] Health Manager

SummaCare's Health Manager provides online tools that make it easy to get started on your journey to improved health. This tool is available to all Summa Health System employees, regardless of insurance coverage. Summa Health's Wellness Works brings wellness challenges to you using WebMD's tool.

The HealthQuest Survey is a great tool to start with that helps identify health risks and provides immediate feedback for how to improve those risks. You may set goals using WebMD to help you keep on track.

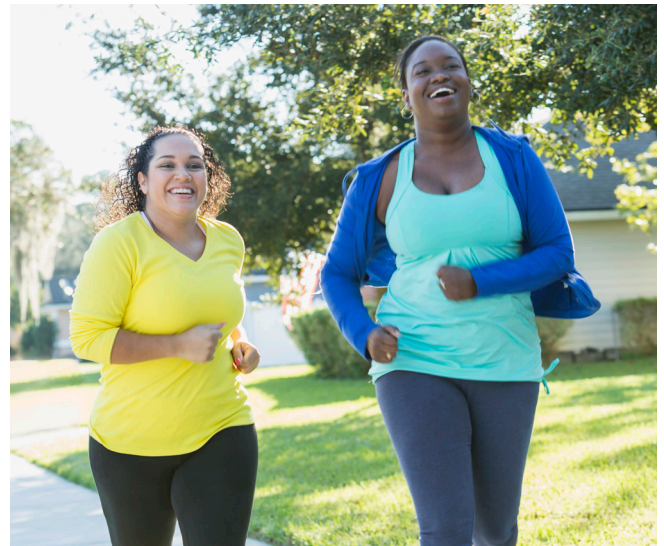
Log in and Register Today

It's SummaCare's goal to provide you valuable health and wellness information. To take the first steps toward improving your health, register online*:

1. Have your Member ID card ready and visit **summacare.myplancentral.com**.
2. If you are a new user, click "Member Registration" and fill in the required fields.
3. When asked for Member ID, enter your Contract Number and two-digit Member Number.
4. Click on **WebMD Health Manager** under Other Benefit Resources.

Download WebMD's New App

1. Download "Wellness At Your Side" from the Apple App Store or Google Play.
2. After downloading and opening the app, click "Connection Code."
3. Enter your last name and connection code "LivingWell."



If you do not have SummaCare insurance:

1. Go to **webmdhealth.com/summacare/**
2. Enter your username and password. If you've forgotten your username or password expired, click "Forgot Username/Password"
3. Your **Member Number** must be entered as your employee ID number (example: 44123).

If you need assistance registering for Plan Central and/or WebMD, please call SummaCare at **844.751.0436**.

*Note: Registering provides a single sign-in experience.