

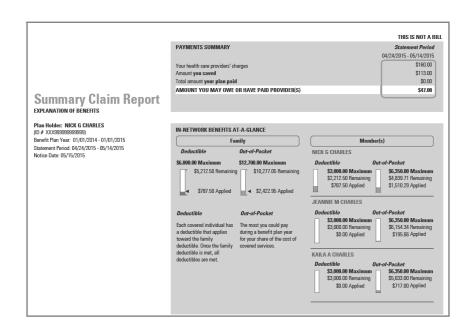
Explanation of Benefits:

Your health claims at a glance

It's not always easy to keep up with your health insurance details — services you've received, how much you owe on your deductible, what you've spent out of pocket. Your Summary Explanation of Benefits (EOB) can help. It provides an at-a-glance look at how you and your covered family members are using your insurance benefits.

You will receive an EOB every 21 days if we process a claim for you during that time. Each report has information such as:

- How much you have paid for health services
- How much your health plan has paid
- Out-of-pocket costs you might owe your provider(s)
- Where you stand with your deductible(s)
- Seasonal health and wellness information
- Tips to help you get the most from your health plan





- Log in to My Health Toolkit®
- Select the **Benefits** tab
- Click Claims Status
- Choose a date of service, range of dates, or a claim number and view your EOB
- Want to go paperless with your EOBs?
 - Log in to My Health Toolkit
 - Select the **Profile** tab
 - Click Change Notifications
 - Choose the Online option, then click Save