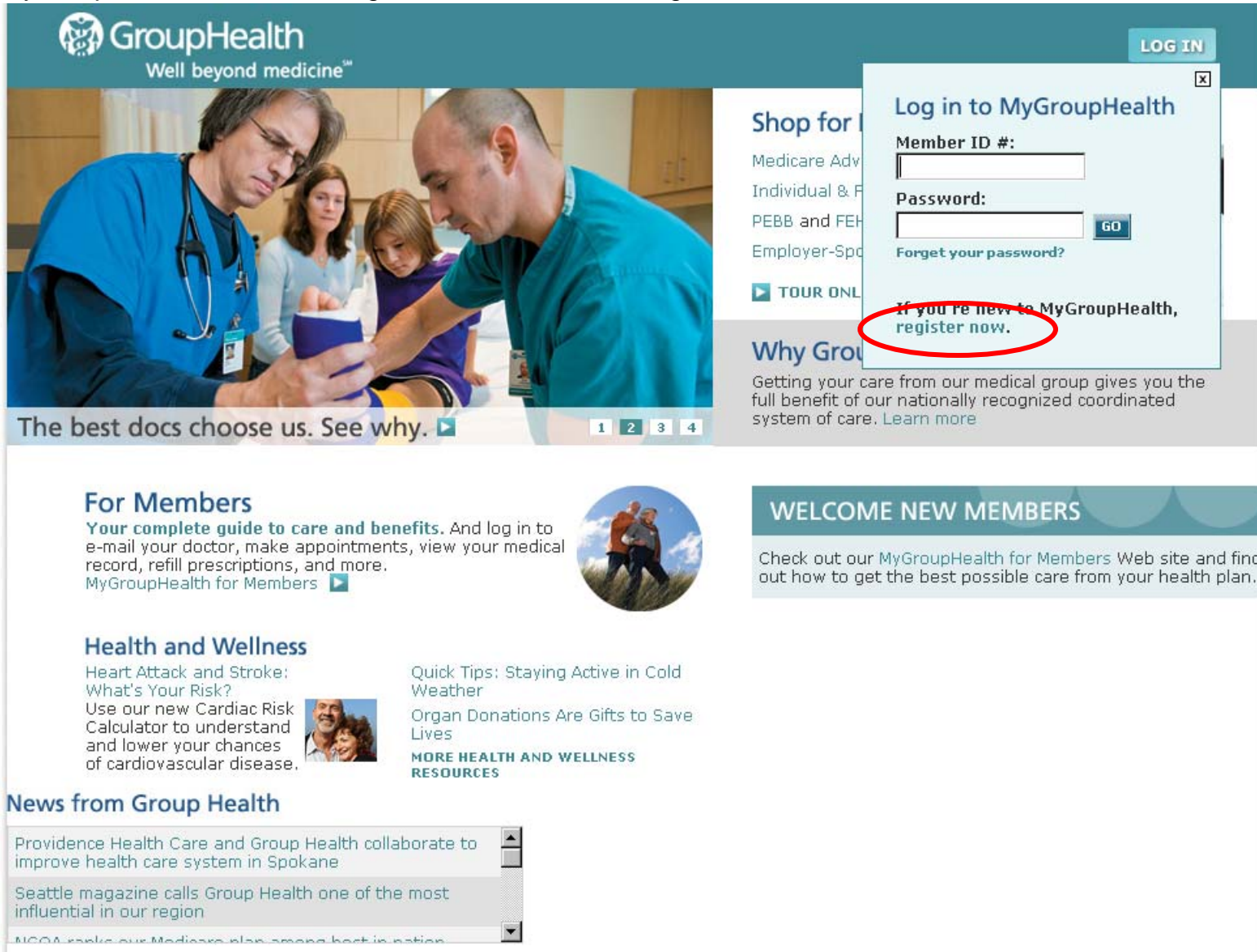


Member Registration Process - MyGroupHealth

Trust members with Group Health Options coverage can link to MyGroupHealth (www.ghc.org) from the GHO section of the Trust's website. To take the Health Profile and access the many tools and online resources on MyGroupHealth, click on the "log in" tab and select the "register now" link, circled below.



GroupHealth
Well beyond medicine™

LOG IN

Log in to MyGroupHealth

Member ID #:

Password: **GO**

[Forget your password?](#)

If you're new to MyGroupHealth, register now.

Shop for
Medicare Adv
Individual & F
PEBB and FEH
Employer-Sp

TOUR ONL

Why Group
Getting your care from our medical group gives you the full benefit of our nationally recognized coordinated system of care. [Learn more](#)

The best docs choose us. See why.

For Members
Your complete guide to care and benefits. And log in to e-mail your doctor, make appointments, view your medical record, refill prescriptions, and more.
[MyGroupHealth for Members](#)

WELCOME NEW MEMBERS
Check out our MyGroupHealth for Members Web site and find out how to get the best possible care from your health plan.

Health and Wellness
Heart Attack and Stroke: What's Your Risk?
Use our new Cardiac Risk Calculator to understand and lower your chances of cardiovascular disease.

Quick Tips: Staying Active in Cold Weather
Organ Donations Are Gifts to Save Lives
MORE HEALTH AND WELLNESS RESOURCES

News from Group Health
Providence Health Care and Group Health collaborate to improve health care system in Spokane
Seattle magazine calls Group Health one of the most influential in our region
MSGA ranks our Medicare plan among best in nation

Next, enter your Group Health identification number, your last name as it appears on your ID card, and your date of birth.



Register Now

MyGroupHealth lets you view your online medical record, send messages to your doctor, make an appointment, refill prescriptions, and browse our database of health information. Learn more about MyGroupHealth's [online services](#) and why you should register.

Member ID #:

[ID number information](#)

Last name:

Birth date:

 / /

SUBMIT

CANCEL

You must be at least 18 years old to register.

Already Registered?

Are you already registered with MyGroupHealth?
[Log in now](#)

For answers to frequently asked questions about this site, including registration, see our [technical help](#) page.

For help with registration, contact the [MyGroupHealth support line](#) at 1-888-874-1620.

Unauthorized access is prohibited. If you have questions or concerns about the security of this site, please read our [privacy policy](#).

Member Registration Process - MyGroupHealth

Next you will need to create an account. Please fill in your email address (required and confidential), a password, and security question and answer. Please note, you will need to create a MyGroupHealth account even if you already have a user name and password for the Trust website.

Create Account

Welcome. We've verified you as a Group Health Cooperative member. Please complete the registration process below.

All fields are required.

| | | |
|--------------------|---|--|
| E-mail: | <input type="text"/> | Our e-mail policy |
| Re-enter e-mail: | <input type="text"/> | |
| Create password: | <input type="text"/> | Rules and tips 8-15 characters, at least 2 letters and 2 numbers, no more than 2 adjacent repeating characters |
| Re-enter password: | <input type="text"/> | |
| Security question: | <input type="text" value="Select one"/> | What's this? |
| Answer: | <input type="text"/> | |

Upgrade Your Account for Enhanced Services

Use MyGroupHealth to:

- Order prescription refills
- E-mail your health care team*
- See your medical record, including lab results*
- Make an appointment*
- And much, much more

To protect your privacy, there's an extra step to complete before you get access to certain online services. Request a verification code below, and we'll send it via postal mail.† Then come back to the site, log in, and enter the code. Learn more about our [enhanced services](#).

Would you like to upgrade your account?

- Yes, send me a verification code No thanks

SUBMIT

CANCEL

* These services are only available if you get your primary care at a Group Health medical center.
† Postal mail: We will use the postal address on file in your Group Health member record. If that address has changed, please notify Customer Service at 1-888-901-4636 toll-free.

Member Registration Process - MyGroupHealth

You may choose to create your own security question, if you would like. If so, select “custom question” from the security question drop down menu and enter your question.

Create Account

Welcome. We've verified you as a Group Health Cooperative member. Please complete the registration process below.

All fields are required.

E-mail: [Our e-mail policy](#)

Re-enter e-mail:

Create password: [Rules and tips](#)
8-15 characters, at least 2 letters and 2 numbers,
no more than 2 adjacent repeating characters

Re-enter password:

Security question: [What's this?](#)

Answer:

Upgrade Your Account for Enhanced Services

Use MyGroupHealth to:

- Order prescription refills
- E-mail your health care team*
- See your medical record, including lab results*
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- And much, much more

To protect your privacy, there's an extra step to complete before you get access to certain online services. Request a verification code below, and we'll send it via postal mail.† Then come back to the site, log in, and enter the code. Learn more about our [enhanced services](#).

Would you like to upgrade your account?

Yes, send me a verification code No thanks

SUBMIT

CANCEL

* These services are only available if you get your primary care at a Group Health medical center.
† Postal mail: We will use the postal address on file in your Group Health member record. If that address has changed, please notify Customer Service at 1-888-901-4636 toll-free.

A new text box will open for you to enter your custom question. Make sure it is one that you will remember the answer to!

Member Registration Process - MyGroupHealth

You will need to upgrade your account for enhanced services in order to take your Health Profile and receive your reward. Select YES to receive a verification code. If you choose NO THANKS, you can always upgrade your account at another time.

Create Account

Welcome. We've verified you as a Group Health Cooperative member. Please complete the registration process below.

All fields are required.

| | | |
|--------------------|---|-----------------------------------|
| E-mail: | <input type="text"/> | Our e-mail policy |
| Re-enter e-mail: | <input type="text"/> | |
| Create password: | <input type="text"/> | Rules and tips |
| | 8-15 characters, at least 2 letters and 2 numbers, no more than 2 adjacent repeating characters | |
| Re-enter password: | <input type="text"/> | |
| Security question: | <input type="text" value="Select one"/> | What's this? |
| Answer: | <input type="text"/> | |

Upgrade Your Account for Enhanced Services

Use MyGroupHealth to:

- Order prescription refills
- E-mail your health care team*
- See your medical record, including lab results*
- Make an appointment*
- And much, much more

To protect your privacy, there's an extra step to complete before you get access to certain online services. Request a verification code below, and we'll send it via postal mail.† Then come back to the site, log in, and enter the code. Learn more about our [enhanced services](#).

Would you like to upgrade your account?

- Yes, send me a verification code No thanks

SUBMIT

CANCEL

* These services are only available if you get your primary care at a Group Health medical center.
† Postal mail: We will use the postal address on file in your Group Health member record. If that address has changed, please notify Customer Service at 1-888-901-4636 toll-free.

Member Registration Process - MyGroupHealth

You're now registered and can log in!



Thank You

Thanks for registering with MyGroupHealth for Members. Use the password you just created to log in and browse health information, join discussion groups, or learn more about Group Health.

If you change your mind about requesting access to our enhanced online services, you can always upgrade your account later by using the link on the homepage.

Member ID # :


Password:

LOG IN

LOG IN IF YOU UPGRADED TO ENCHANCED SERVICES

If you selected to upgrade your account during registration, after logging in you will see the following page, which will have a box indicating that your code has been requested.

[About Us](#) | [Careers](#) | [Group Health Research Institute](#) | [Group Health Foundation](#) [LOG OUT](#)

 **GroupHealth**
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MyGroupHealth

[PRINT VERSION](#)

CONLIN

HOME
[Update Account Profile](#)


FIND YOUR WAY AROUND GROUP HEALTH




[Getting Started](#)
[Provider & Facility Directory](#)
[Doctors & Health Care Services](#)
[Pharmacy Services](#)
[Customer Service](#)
[Member Governance & Participation](#)

HEALTH INFORMATION
[Health & Wellness Resources](#)
[Northwest Health Magazine](#)
[Classes & Events](#)

Thank You

Watch your mail!
Thanks for registering with MyGroupHealth for Members. It usually takes a couple of days for your code to arrive in the mail. When it does, log in to the site and enter the code to upgrade your account. You'll instantly have access to a wealth of services, such as your online medical record, pharmacy refills, secure e-mail with your doctor and more.




  

[Site Map](#) [Help](#) [Privacy Policy](#) [Contact Us](#)
Copyright 2010 Group Health Cooperative

LOG IN IF YOU UPGRADED TO ENHANCED SERVICES

Twenty-four hours after requesting your pin, or on the next business day, you will see the following page upon logging in. Once you receive your code, please enter it in the space indicated.

About Us | Careers | Group Health Research Institute | Group Health Foundation LOG OUT

 **MyGroupHealth**

[PRINT VERSION](#)

CONLIN

HOME
[Update Account Profile](#)

FIND YOUR WAY AROUND

GROUP HEALTH

- [Getting Started](#)
- [Provider & Facility Directory](#)
- [Doctors & Health Care Services](#)
- [Pharmacy Services](#)
- [Customer Service](#)
- [Member Governance & Participation](#)

HEALTH INFORMATION

- [Health & Wellness Resources](#)
- [Northwest Health Magazine](#)
- [Classes & Events](#)

ONLINE SERVICES

Upgrade Your Account


Enter the verification code that you received in the mail.

[Request new code](#)

CHILDREN'S ONLINE RECORDS

[Sign Up for Parental Access](#)


If you have children 12 or younger, you can send secure e-mail to their doctors, see immunization records, check lab results, and more!



FEATURED CONTENT

[Find the Fun in Exercise](#)

Engaging in a childhood favorite can put the joy back in activity. More [Northwest Health Magazine](#)




[Web Coach Can Help You Quit Smoking](#)

The Free & Clear Quit For Life telephone program now includes an interactive online tool that's available 24 hours a day.

LOG IN IF YOU UPGRADED TO ENHANCED SERVICES

After you accept the Member User Agreement, you will see this page. Please log in again to access your upgraded account!

[About Us](#) | [Careers](#) | [Group Health Research Institute](#) | [Group Health Foundation](#) [LOG IN](#)

 **GroupHealth**
Well beyond medicine™

FOR MEMBERS

GO

FOR MEMBERS [PRINT VERSION](#)

HOME

FIND YOUR WAY AROUND GROUP HEALTH

- Getting Started
- Provider & Facility Directory
- Doctors & Health Care Services
- Pharmacy Services
- Customer Service
- Member Governance & Participation

HEALTH INFORMATION

- Health & Wellness Resources
- Northwest Health Magazine
- Classes & Events

Congratulations

Your account has been upgraded. Please log in again to use our enhanced online services.

Note: You will no longer need your verification code; please destroy the mailer it was sent in. In the future you will need only your member ID number and password to log in.

[Log in again](#)

Member Registration Process - MyGroupHealth

Click on Fill out Questionnaire under “Health Profile” to get started!

MyGroupHealth

- Update Account Profile
- MANAGE YOUR HEALTH CARE & COVERAGE**
 - ▶ Appointments
 - ▶ Messages
 - ▶ Visit & Call Summaries
 - ▶ Medical Record
 - ▶ Medications
 - Health Profile
 - ▶ Health Coverage
- FIND YOUR WAY AROUND GROUP HEALTH**
 - Getting Started
 - Provider & Facility Directory
 - Doctors & Health Care Services
 - Pharmacy Services
 - Customer Service
 - Member Governance & Participation
- HEALTH INFORMATION**
 - Health & Wellness Resources
 - Northwest Health Magazine
 - Classes & Events

MANAGE YOUR HEALTH CARE & COVERAGE

APPOINTMENTS

- No office visits
- [Schedule Appointments](#)
- [Current Appointments](#)

MESSAGES

- No new messages
- [E-Mail Health Care Team](#)
- [Message Inbox](#)
- [Sent Messages](#)

VISIT & CALL SUMMARIES

- [After-Visit Summaries](#)
- [Consulting Nurse Calls](#)
- [Urgent Care & Hospital Services](#)

MEDICAL RECORD

- [Lab & Test Results](#)
- [Immunizations](#)
- [Blood Pressure & Weight](#)
- [Health Conditions](#)
- [Allergies](#)
- [Letters & Vision Prescriptions](#)
- [Routine-Care Reminders](#)

MEDICATIONS

- [Refill Prescriptions](#)
- [Recent Medications](#)
- [Check Order Status](#)

HEALTH PROFILE

- [Fill Out Questionnaire & See Reports](#)
- [Your Reports Before 2010](#)

HEALTH COVERAGE

- [Explanation Of Benefits](#)
- [Coverage Documents](#)
- [Benefits Usage Status](#)

MEDICAL CENTER

- [Downtown Medical Center](#)

CHILDREN'S ONLINE RECORDS

[Sign Up for Parental Access](#)

If you have children 12 or younger, you can send secure e-mail to their doctors, see immunization records, check lab results, and more!



FEATURED CONTENT

[Keep Your New Year's Resolutions](#)
Research shows you can make lasting positive changes that are good for your health.
More [Northwest Health Magazine](#)



[Web Coach Can Help You Quit Smoking](#)
The Free & Clear Quit For Life telephone program now includes an interactive online tool that's available 24 hours a day.

NEWS AND NOTICES