

Getting Started



We encourage all of our members to register on optimahealth.com and take advantage of our secure online tools.

As a registered user of optimahealth.com you can:

- check your claims,
- view your benefit information,
- find participating doctors,
- change your primary care physician,
- print and order a new member ID card,
- view authorizations,
- read newsletters,
- 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!

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

Then visit optimahealth.com to find doctors, hospitals, pharmacies, urgent care centers, and behavioral health providers. You can even find out-of-network providers.

Once registered on optimahealth.com, members have access to 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 at optimahealth.com, 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.

Access your health plan information on the go with the MyOptima mobile app. The MyOptima app is available in the iTunes store and in Google Play. You can use it to update contact information; view claims, benefit information, and your member ID card; search for doctors and hospitals; shop plan options and more.

For more information, visit:
optimahealth.com

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