

WebMD[®] Health Manager

Get exclusive access to WebMD's Health Manager online tool. Set personal goals, monitor your health progress, track results, and set personal health and wellness reminders. It's like having a personal health coach working with you 24/7.

Begin with the HealthQuest Survey, a health appraisal tool developed by WebMD, that generates an electronic personal health record. You can save it, print it and review this information with your physician.

When your HealthQuest Survey is complete, you will receive immediate feedback on potential health risks and behaviors that can help reduce those risks. Based on your survey results and selected interests, you will also receive unlimited health news and education on a customized home page, benefit from online health coaching and gain access to the valuable tracking tools.

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.
5. Take the HealthQuest Survey and begin your journey to improved health!

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



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 the connection code "LivingWell."
4. Sign in or create an account to access WebMD Health Manager.

If you would like more information about our Health and Wellness programs, please call the Customer Service number on the back of your Member ID card, or go to **summacare.com**.

SummaCare is an HMO and HMO-POS plan with a Medicare contract. Enrollment in SummaCare depends on contract renewal. H3660_22_181_M Accepted 12122021