

Your health care information is as close as your mobile device

Get the information you need wherever you go with *My Account*.¹

- Find in-network doctors, specialists, urgent care centers and more—nationwide—including a map and directions to the location²
- Check plan information including
 - effective date,
 - □ copays,
 - □ deductible,
 - □ out-of-pocket status
 - ☐ Explanation of Benefits (EOBs), and
 - □ recent claims activity
- View, order or email member ID cards—for an explanation of the codes on your card, select How to read my card
- Use the Treatment Cost Estimator to calculate costs for services and procedures³
- Submit claims for out-of-network care
- Track your wellness program progress⁴
- Send a secure message via the Message Center
- Check Alerts for important notifications





CareFirst.

Type **carefirst.com** into your mobile web browser to access our mobile site or

download our free app by searching for CareFirst in your favorite app store.





¹ Register for *My Account* at **carefirst.com/myaccount** to view your personal information.

² Location services must be enabled on your device.

³ The estimated cost information provided is intended to be used as a reference tool for your convenience and is not a substitute for medical advice or treatment by a medical professional.

⁴ If applicable for your plan.