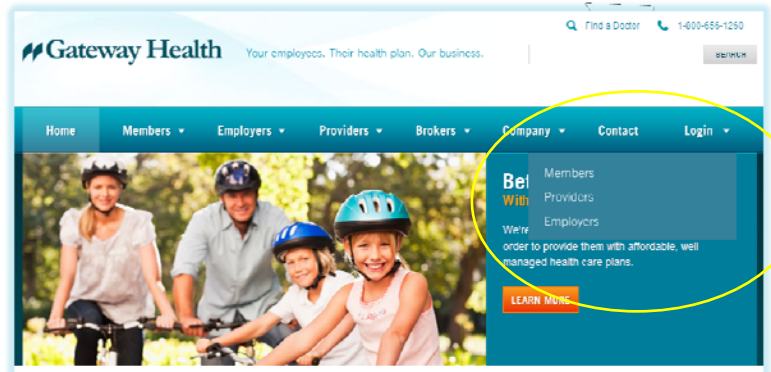


Online Access to Personal Health Record: Healthgram®

Instructions:

- Go to Gateway Health website:
www.gatewayhealth.com
- Hold cursor over “Login” tab and click “Members”
- Your **user name** is your social security number
- Your **password** is the last four digits of your social security number or the custom password you entered on your Health Risk Assessment form
- If you are unable to login, click “Register”
- Enter your first name, last name, date of birth (MM/DD/YEAR), 5 digit zip code, and last 4 digits of your Social Security Number
- Click submit then Login
- To change your user name and password select the “Profile” link in “My Health Record”



What can I do on Healthgram®?

- View Claims detail and deductible information
 - Print a copy of your Explanation of Benefits
 - Access your Personal Health Record and view results from Health Screenings
 - Catch up on Health News
 - Play EduGames
 - Access video and health library
- And much more!*

Questions? Contact the Gateway Health Service Center at 1-866-934-5234