



Use myODS, your personal member website, to access tools and resources to help manage your health and benefits.

TOOLS TO HELP YOU MANAGE YOUR HEALTH

- › E-mail a physician, psychologist, dentist, pharmacist, dietitian or fitness expert
- › Track healthy living habits using online tools
- › Search for a provider
- › Find dental care while traveling outside the U.S.
- › Use the web-based health and symptom evaluator
- › Complete health assessments
- › Use the Dental Optimizer for a cavity risk assessment, treatment cost estimates and dental health tips
- › View the online medical library
- › Explore health news articles, forums and more

TOOLS TO HELP YOU MANAGE YOUR BENEFITS

- › View your benefit eligibility and history
- › Review your prescription history and pharmacy benefits, including medication pricing information
- › View account information such as your contact information and dependents
- › Order additional or replacement ID cards
- › Check the status of pending claims, view your personal claim history and access claim forms



CREATE AN ACCOUNT

Visit www.odskompanies.com/members

- › Choose **Not Registered?**
- › Read and acknowledge the **Privacy Alert.**
- › Have your **ODS ID card** on hand.
- › Follow the online instructions to enter your personal information and create your account.

If you need help setting up your myODS account call myODS Customer Service at **503-265-4700** or **888-374-8907**.

Manage your benefits and access helpful tools and resources online at www.odskompanies.com/members