



Member | Access



Member Access User Guide – Resources

Member Access is an on-line tool that gives you immediate access to information pertinent to your health.

www.healthlink.com

8.0 RESOURCES

8.1 Overview

Click the Resources tab to get access to free programs and services and on-line tools for health and wellness.

For summaries of your benefits under the State of Illinois Administered Health Plan, click the Benefit Overviews link.

Another resource under this tab is the State of Illinois 2008-2009 Frequently Asked Questions. This can be helpful to find quick answers to common questions about your health plan, participating physicians, claims, and referrals.

Preventive Guidelines is a great source for information about preventative measures you can take to lead a healthier lifestyle. Included in this resource is the Recommended Immunization Schedule, which includes preventive guidelines and vaccines for children, adolescents and adults as recommended by the U.S. Preventive Task Force and other health related agencies.

You do not have to be logged in to use this feature of *HealthLink Member Access*. Simply click the **Resources** tab located on the Home Page (Authenticated or Non-Authenticated) (Figure 1).

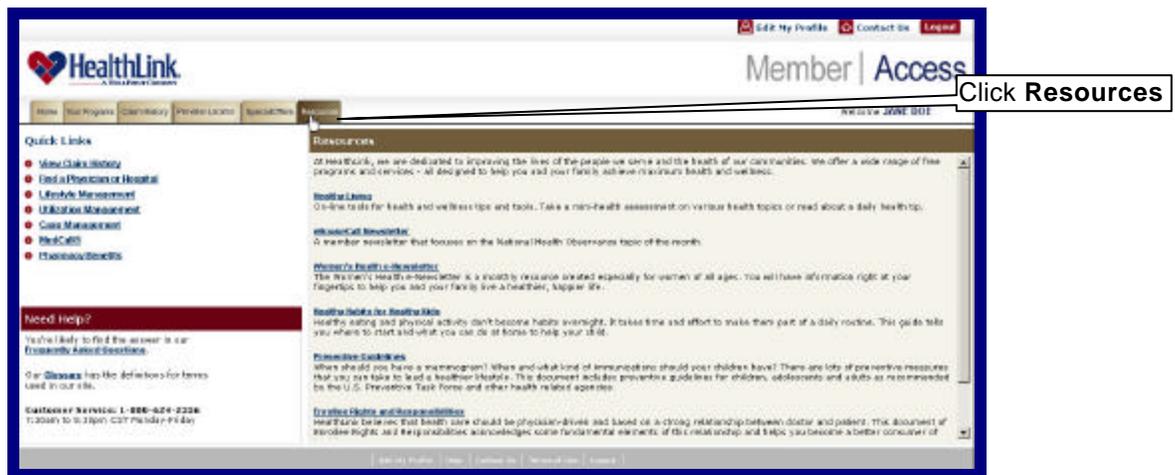


Figure 1. Resources–Home Page Link.

8.2 Resources

a. Healthy Living

The **Healthy Living** option takes you to a web site containing all the latest information about health and wellness, including special discounts and online services such as mini health assessments, tools and health calculators, and daily health tips (Figure 2).

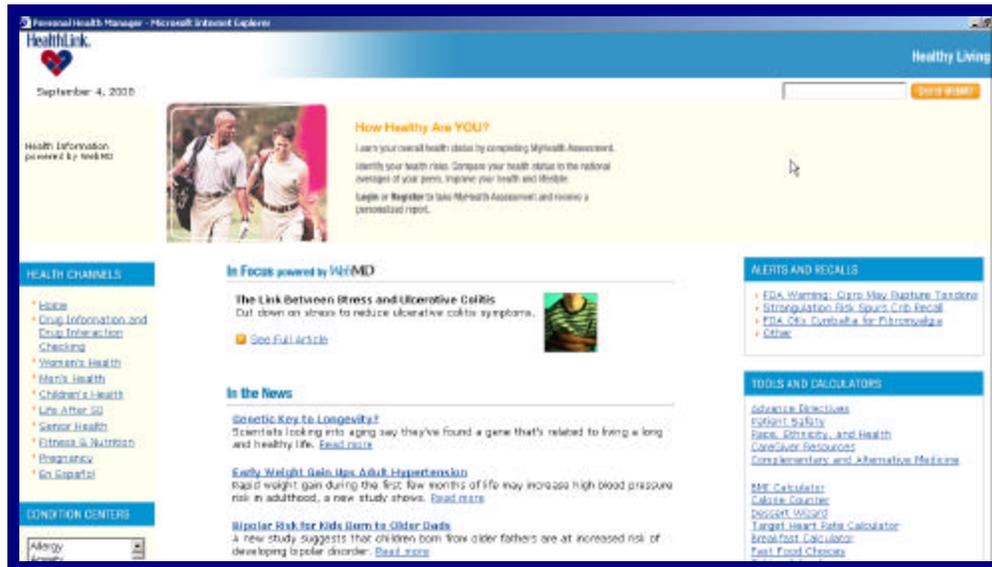


Figure 2. Resources–Healthy Living.

b. eHouseCall Newsletter

This is a member newsletter that focuses on the National Health Observance topic of the month (Figure 3).

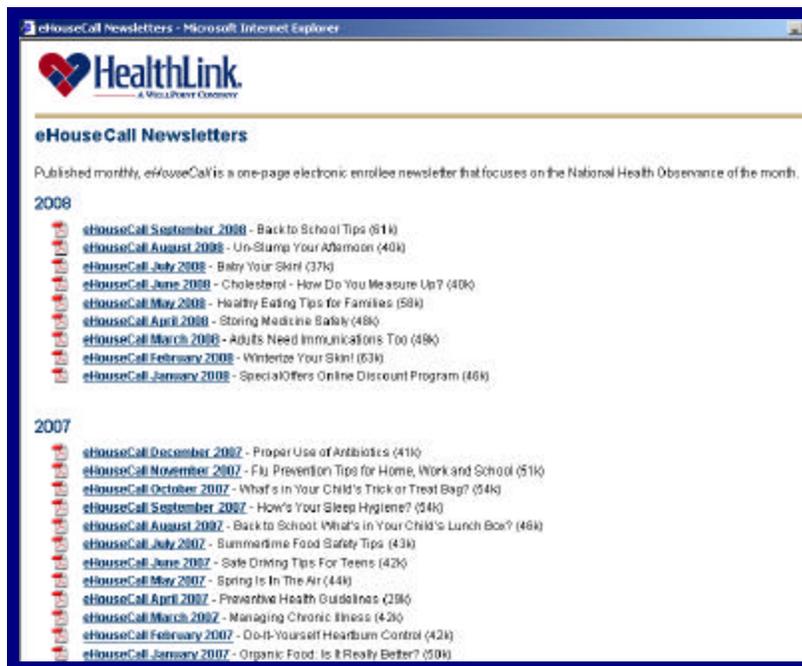


Figure 3. Resources–eHouseCall Newsletter.

c. Women’s Health e-Newsletter

The Women's Health e-Newsletter is a monthly resource created especially for women of all ages. You will have information right at your fingertips to help you and your family live a healthier, happier life (Figure 4).



Figure 4. Resources–Women’s Health e-Newsletter.

d. Healthy Habits for Healthy Kids

Healthy eating and physical activity don't become habits overnight. It takes time and effort to make them part of a daily routine. This guide tells you where to start and what you can do at home to help your child (Figure 5).

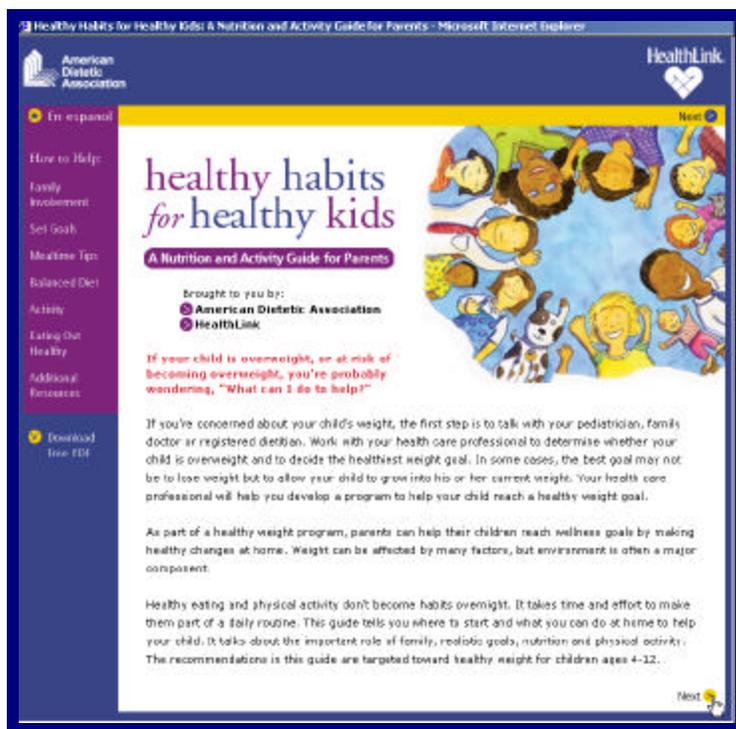


Figure 5. Resources–Women’s Health e-Newsletter.

e. Preventive Guidelines

When should you have a mammogram? When and what kind of immunizations should your children have? There are lots of preventive measures that you can take to lead a healthier lifestyle. This document includes preventive guidelines for children, adolescents and adults as recommended by the U.S. Preventive Task Force and other health related agencies (Figure 6).

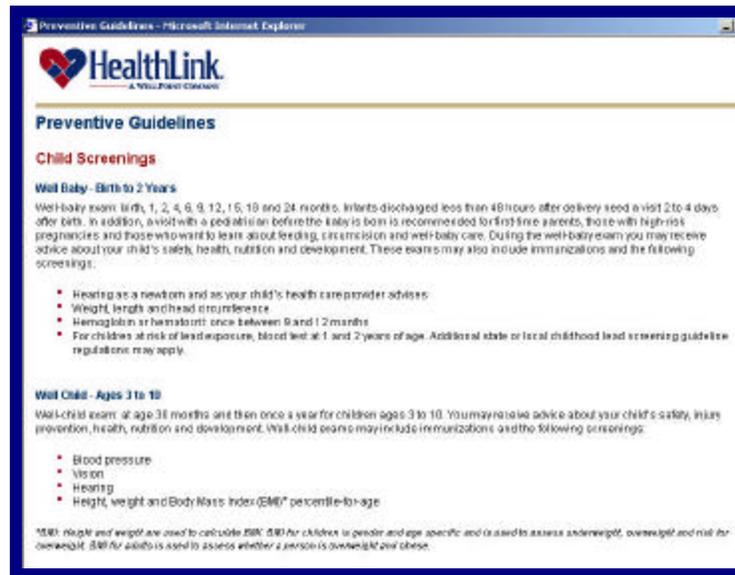


Figure 6. Resources—Preventive Guidelines.

f. Enrollee Rights and Responsibilities

HealthLink believes that health care should be physician-driven and based on a strong relationship between doctor and patient. This document of Enrollee Rights and Responsibilities acknowledges some fundamental elements of this relationship and helps you become a better consumer of health care (Figure 7).

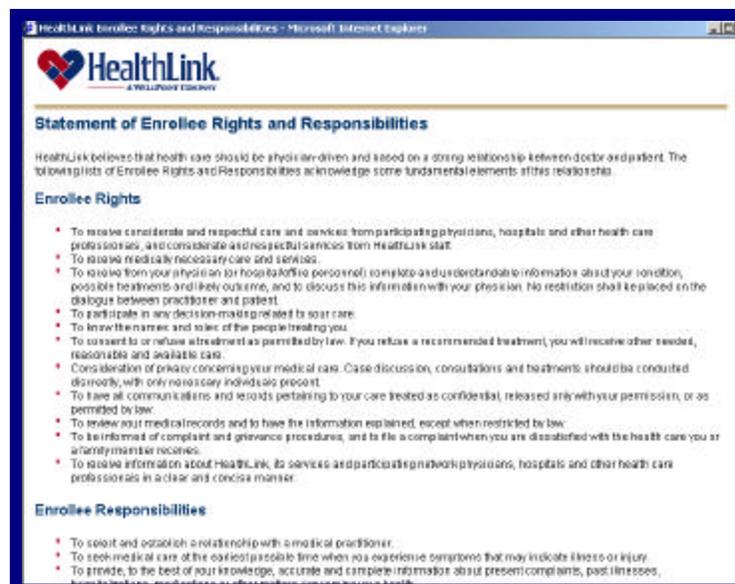


Figure 7. Resources—Enrollee Rights and Responsibilities.