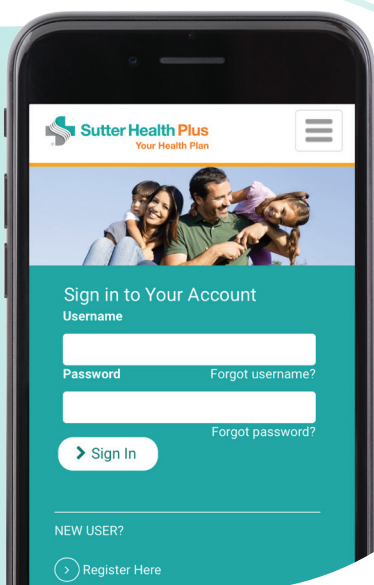


# MANAGING HEALTH BENEFITS AND CARE

Convenient 24/7 Access



## Sutter Health Plus Member Portal

Register or log in at [shplus.org/memberportal](http://shplus.org/memberportal)



Request or print member ID cards



Change your primary care physician



Access your health plan documents



View a summary of individual and family deductibles and out-of-pocket balances



View and download Sutter Health Plus forms, resources and member newsletters



Navigate to the Health and Wellness site

## My Health Online\*

Register or log in at [myhealthonline.sutterhealth.org](http://myhealthonline.sutterhealth.org)



Email your care team



Make an appointment



Renew prescriptions



View test results



Update your health history



Pay bills



*\*Not offered by all providers*