

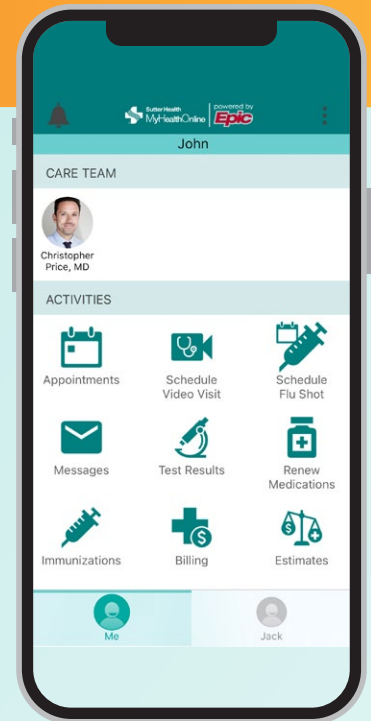
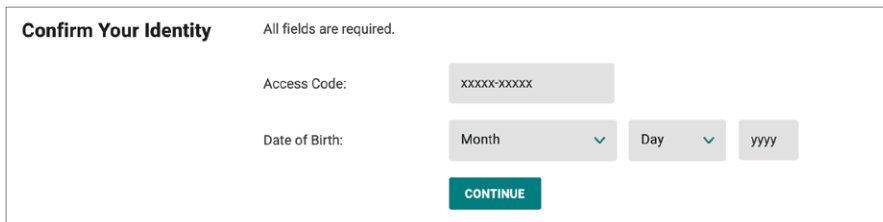
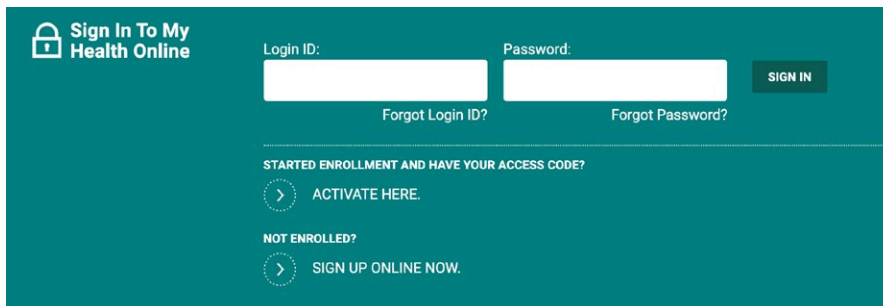
# My Health Online

Enroll today in three easy steps.

As a Sutter Health Plus member, you can enroll in My Health Online\* (MHO), a convenient way to manage your health when and where you want. With MHO, it's easy to stay connected with your care team and have 24/7 access to your health information.

## How to Enroll

- 1. Receive an access code.** You can also request an access code by calling 1-866-978-8837, or by visiting [mho.sutterhealth.org](http://mho.sutterhealth.org) and clicking on "Sign Up Now."
- 2. Activate your account.** Go to [mho.sutterhealth.org](http://mho.sutterhealth.org) and click "Activate Here." This will take you to a page where you must enter your access code as well as your birthdate.



For easy, on-the-go access, get the free MHO app available on the App Store or Google Play.



To enroll in MHO, you must be 12 years of age or older. Members ages 12–17 years old must have permission from a parent.

*MHO is available in English and Spanish.*

## 3. Get started enjoying the benefits!



View Test Results



Pay Bills Online



Message Care Team



Schedule Appointments



Text Reminders



Renew Prescriptions



Contactless Check-Ins



Video Visits

*\* If your primary care physician does not participate in MHO, your functionality is limited to viewing lab and test results from Sutter facilities and accessing video visits.*

Member Services 1-855-315-5800 | [sutterhealthplus.org](http://sutterhealthplus.org)

PM-21-006