

ACTIVATE YOUR ACCOUNT



Go to

www.selecthealthnetwork.com



Follow the instructions under the "First Time User" section.

You will be asked to create a user name and password and fill out a short registration form.

You may also call your 24/7 Nurse Line, toll-free at 1 866 549 5086

SELECT
e·Health
live well. live fully. *select wisely.*

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**IN SICKNESS &
IN HEALTH...**

**...HELPING
YOU WITH
YOUR HEALTH
DECISIONS**

WHY SHOULD I USE SELECT e-Health?

SELECT e-Health is your personal health portal designed to help you take control over your health.

SELECT e-Health allows you to better understand illnesses, treatment options and medications, and suggests whether self-care is safe and effective.

Medical content is created by board-certified physicians in 20 specialties, and covers over 95% of the symptoms that make people seek medical care.

SELECT e-Health's online and phone tools help you make better healthcare choices.

health & symptom evaluation

Evaluates your symptoms, overall health and specific chronic conditions. Helps you understand what conditions you may have and how to treat them.

medical library

Stores information, articles, videos and photos on wealth of health and health care topics.

health helpers

Gives you access to tools, quizzes and calculators to improve and maintain your health.

pharmacy

Explains facts about medications, compares drugs and helps you lower your medication expenses.

my health files

Allows you to create your personal, secure health record, access wellness plans and your personal health analysis.

news, forums & communications

Gives you access to articles newsletters, and forums for discussions with your fellow SELECT e-Health users.

HEALTH ANSWERS A CLICK AWAY

