



## Your Health Plan, Online

Secure access to important plan information



Sign up today for your My USFHP-NW account, where you'll get 24/7 access to plan benefit documents, claims details and the tools you need to communicate securely with customer service.

Here is what you can expect to find at My USFHP-NW:

- Quick access to your Benefit Summary
- View and download claims details
- Connect to the More Benefits Discount Program, an exclusive benefit for USFHP members
- View and track the status of your care referrals
- Print a temporary ID card
- Request a replacement ID card
- Communicate with your plan through secure messages
- Send and receive plan documents securely
- Receive important health maintenance information



### Signing up is easy!

1. Visit <https://pmc.healthtrioconnect.com> and click Member Registration
2. Enter your Member ID number (from your ID card) and other required information
3. Choose a username and password to activate your account

Have questions or need assistance?  
Contact My USFHP-NW customer service at 1-877-814-9909