



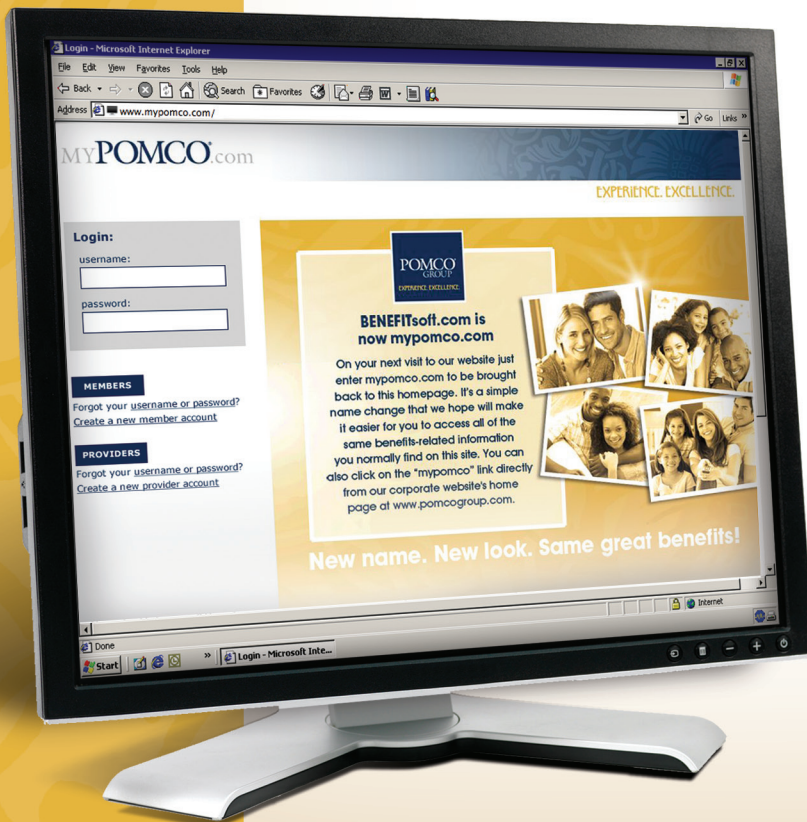
MyPOMCO puts access to claims and benefit information right at your fingertips.



MyPOMCO is POMCO Group's online service designed to assist you in understanding and getting the most out of your benefit plan.

MyPOMCO allows you to:

- View covered services under your benefit plan
- Locate physicians and hospitals that participate in the POMCO Group network
- View and print Explanation of Benefits (EOB) statements
- Print claim forms
- Link to other health and wellness websites
- Receive e-mail notifications on paid claims



▶ How do I access MyPOMCO?

1. Log on to www.MyPOMCO.com
2. Under the login and password fields you will see "if you are a PLAN MEMBER and do not have an account"
3. Click on "Sign-Up"
4. Accept the License Agreement
5. You will be asked to provide general information, some of which can be obtained from your POMCO Group identification card
6. You're now ready to access the myPOMCO website and be connected to valuable information regarding your benefit plan

▶ **Start taking advantage of these benefits and more! Set up your account today at www.MyPOMCO.com.**

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