



## Welcome to Coventry Health Care!

The **Employers and Laborers Locals 100 & 397 Health and Welfare Fund** has become a member of Coventry Health Care of Missouri, Inc. ("Coventry Health Care"). We look forward to providing quality health care coverage and excellent service to you and your family. Our goal is to make sure you understand how your coverage works and the tools and resources available to you.

### Website Information

Coventry Health Care has designed the Member section of our website with you in mind. At **chcmo.com** you can access your health care information and manage your personal health with our wellness tools at a time that is convenient for you. Visit **chcmo.com** today and explore the information available or call Coventry Health Care at 800-775-3540.

**chcmo.com**

### Locating a Provider

Searching for a provider is an easy click away.

1. Go to **chcmo.com** and select "Find a Doctor".
2. Select "Enter Provider Search".
3. Select your product of "PPO ASO".
4. Search by zip code, state, county, city or search by provider name, facility, specialty or condition.

### My Online Services<sup>SM</sup>

Coventry Health Care makes it easy for you to manage your health and benefits with My Online Services. The most important information is right in front of you — where it's easiest to use. From a single screen you can access:

- Your personal health record allowing you to view, store and track your information securely
- Coventry WellBeing<sup>SM</sup> tools featuring a health risk assessment and personalized digital coaching
- Calendars and reminders so you can track appointments and schedule reminders for important services

### Behavioral Health and Substance Abuse Services

Coverage for mental health and substance is administered by our parent company's wholly-owned subsidiary, MHNNet Behavioral Health (MHNNet). MHNNet is a nationally-recognized behavioral health leader. MHNNet emphasizes evidence-based, consumer-focused behavioral health review. MHNNet provides members with comprehensive treatment through their approach to mental health care management. To access care from a behavioral health/substance abuse provider, call 877-227-3520.

We look forward to providing quality health care coverage and excellent service to you and your family. With Coventry Health Care, you and your family are guaranteed simple, satisfying services.



For full benefit information, please refer to your Summary Plan Description. If you have any questions, please call Coventry Health Care at 800-775-3540.



**Employers and Laborers  
Locals 100 & 397 Health and  
Welfare Fund**