

myGilsbar.com & electronic EOBs

online tools & education

HOW DO I GET STARTED ON MYGILSBAR?

Visit www.myGilsbar.com to login. IF YOU ARE NEW to myGilsbar.com, complete the brief registration to login. You will need your group number (found on your ID Card or Welcome Letter), Social Security number, and a valid email address to complete this section.

WHAT CAN I DO ON MYGILSBAR?

- Check claim status
- View plan benefits
- Print a temporary ID Card
- See deductible accumulators
- Find an in-network provider
- AND MUCH MORE*! Login today!

DROWNING IN A SEA OF PAPER EXPLANATION OF BENEFITS (EOBs)?

1. Login to www.myGilsbar.com
2. Click the *Edit Online Profile* link
3. Click "Yes, I wish to stop receiving paper EOBs"
4. It's that EASY to receive EOBs online!

Instead of receiving paper copies of your EOBs, you will simply receive an email stating that you have an EOB ready to view at www.myGilsbar.com. Login to your myGilsbar account and click *Claims & EOBs* to view the PDF of your EOB or print a copy for your records. It's that EASY!

WHAT ARE THE BENEFITS OF EOBs ONLINE?

- Less paper
- Reduces the chance for lost or stolen mail
- Your postal carrier will thank you
- You're helping the environment

The image displays two overlapping screenshots of the myGilsbar.com website. The top-left screenshot shows the homepage with a navigation bar (Home, Good Health, Health Advocacy, Forms, Contact Us, Technical Support) and a main content area featuring a 'Skin Cancer Awareness' banner, a 'TO YOUR GOOD HEALTH' section with recipes, and a login form. The bottom-right screenshot shows a user's account summary for 'JOHN BLACK', including a table of 'Last 5 Claims' and 'Last 5 Prescriptions'. The 'Last 5 Claims' table lists details such as provider name, service date, and total charge. The 'Last 5 Prescriptions' table lists drug names, service dates, and total charges.

Provider	Service Date	Total Charge
BANNER BAYWOOD MEDICAL... Patient: JOHN BLACK	09/04/2010	\$1,515.73
CONTINUUM WELLNESS CLINIC Patient: JOHN BLACK	09/01/2010	\$273.00
BANNER BAYWOOD MEDICAL... Patient: JOHN BLACK	08/05/2010	\$1,515.73
CONTINUUM WELLNESS CLINIC		

Pharmacy	Service Date	Total Charge
CVS PHARMACY Patient: JOHN BLACK	07/23/2007	\$0.00
LIFECHEN 12 Patient: JOHN BLACK	08/23/2007	\$45.46
WALGREEN INDIAN STREET Patient: JOHN BLACK	08/23/2007	\$45.46
HUBBARD CITY DRUG		

*Information displayed upon login reflects only those services/products Gilsbar manages for your company.

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GILSBAR
Health & Benefit Management