

# WELCOME TO HEALTH PLAN ASSIST

*Where we empower you to make smart decisions about your benefits*

## What does Health Plan Assist do for you?

- Benchmark your estimated utilization against national averages
- Estimate out-of-pocket costs and premium responsibility for better planning
- Compare the current medical plans offered by your employer
- Help determine how much to set aside in your FSA or personal savings account

## What do you need to do?

**3 Easy Steps**

**5 Quick Minutes**

The Health Plan Assist interface makes it easy for you to enter your information. Your employer plan information is already pre-loaded. After entering your registered email address and company access code to gain entry to your employer's specific model, you can within minutes complete the following:

1. **Demographics** – Enter information about you and your family members, such as age, gender, and zip code.
2. **Benefit Plans** – Choose the Medical plans that will cover you and your family members.
3. **Utilization (Medical and Rx)** – Finally, tell us if you consider yourself a high, medium, or low user of healthcare services.

## What is Health Plan Assist™

Health Plan Assist is an innovative software product that helps you estimate your annual out-of-pocket costs and premium responsibility for the medical plans offered by your employer and allows you to make comparisons between two or more of these plans.

Unlike other models, Health Plan Assist is customized for each employer group. Instead of trying to remember deductibles, coinsurance, and co-pays, you simply enter general information about you and your family and select your desired benefit plan(s) and Health Plan Assist will use the information to produce an accurate and reliable estimate.

Health Plan Assist provides credible answers through a web-based tool that is quick to use and easy to understand. These answers are based on Milliman's proprietary actuarial models that are updated with over 75+ million participants each year.

**Want to use Health Plan Assist now?**

HEALTH PLAN Assist

[www.healthplanassist.com](http://www.healthplanassist.com)

Access Code: VLH

**Health Plan Assist is FREE to you courtesy of your employer**