

# Your Online Member Portal & Wellness Resources



#### **Using Your Member Portal**

Members can access information about their plan benefits and claim information at www.webtpa.com. This secure site keeps member information safe and ensures strict HIPAA-compliant confidentiality.

If you have further questions regarding plan benefits, you may speak with a Customer Service representative from 8 AM – 8 PM Eastern Time (ET) Monday – Friday at 877.697.2299. After hours, you may verify eligibility and coverage levels via WebTPA's interactive voice response system. Your member portal provides a complete dashboard view of your plan and self-service tools designed to save you time and effort:

- View eligibility information
- Print a temporary ID card
- Order a new ID card
- Search for a doctor in your plan's network
- View claim status and history information
- Download important forms and documents
- **Communicate with Customer Service**
- Get all the tools, resources, and support you need to reach your health goals

## Logging on to WebTPA.com

#### 🔀 WebTPA



#### WebTPA Online Member Portal

- Your online resource where you can:
- Dreepload and print ID Cards
- Review benefit plan information Submit questions to Customer Service View healthcare daims and deductible balances
- · Access wellness resources to help you reach





Need a username and password? Get a username and password through our free registration process. All you need is 60 seconds a

## **Registering Online**



Go to www.webtpa.com.



Click Member Log In.



Click Register Now. Read the License Agreement and click Agree.



Enter your date of birth, zip code, and member ID.



Create a username and password of your choice (password must be at least 8 alphanumeric characters) and enter three security questions and answers.



Confirm your information and start enjoying the benefits of your new secure online account immediately!

# SparkPeople Powered by WebTPA

Accessible via your webtpa.com member portal

SparkPeople is the world's largest healthy living community with a free online diet and fitness program. SparkPeople is helping millions of people achieve their goals every single day. Whether you want to lose weight, tone up, live a healthier lifestyle, or reach other goals, SparkPeople can help – and it's 100% FREE!

The SparkPeople powered by WebTPA portal offers you the following:

- Calorie Counter & Meal Plans Take the guesswork out of what to eat with powerful customizable tools.
- Personalized Fitness Plan & Exercise Demos Burn calories and tone muscles with routines you can do at home or at the gym by watching online exercise videos.
- Active Support Message Boards Get help from thousands of other people like you who are losing weight with SparkPeople.

#### Advice From Experts

Participate in programs designed by registered dieticians and personal trainers, who are also there to answer your questions.

- Member-Created Goal Teams Find others with similar goals and work towards success together.
- Recipes, Articles, Tips and More Browse thousands of articles and over 100,000 recipes to learn more about eating right, staying active, and sticking to a health program.

#### FitBit Integration

Track your steps traveled, calories burned, stairs climbed and sleep activity with FitBit. Visit **www.webtpa.sparkpeople.com/fitbit** to link your FitBit and sync its data to your SparkPeople powered by WebTPA account.

#### SparkPeople Powered by WebTPA -Homepage



### Sample Condition Center Resources -Heart Health

