Banner Plans & Networks

Technology Tips

3 steps to a healthier you

With ever-evolving health care options, technology is important for accessing services like telehealth visits and electronic health records. Here are some technology insights:

Tip 1: How to access the internet.

The internet can connect you with providers. You will need a computer, tablet or smartphone and a wireless connection *(Wi-Fi)*. There are resources available to assist you in borrowing computers and monitors or obtaining smartphones with cell service.

Tip 2: Tools to take charge of your health.

- **Access your electronic health record**
  To access your electronic health record, log into your provider's patient portal. We encourage you to call your provider's office for the website address *(URL)* or to set up your patient portal.
- **Telehealth**
  Telehealth enables you to receive quality health care in the comfort of your own home. You use a video device like a computer, tablet or smartphone. Learn more at ***www.BannerHealth.com/Telehealth***.

Tip 3: Stay secure online.

- **Practice digital safety**
  Look for reliable health information online by checking trusted sources such as government and health organizations. Use strong passwords. Avoid sharing personal information, like banking or health details on public Wi-Fi.
- **Download applications**
  Apps, short for applications, are programs that you can download on your smartphone or tablet. Download apps from Apple App Store or Google Play.
- **QR codes**
  QR codes link physical objects to online content with a simple scan from your smartphone rather than typing out the URL in the search bar.

  Try this QR code to practice.

Our Customer Care Center is available for any questions you may have. The Customer Care Center phone number is on the back of your member ID card for convenience.