

January 2024



## Did You Know...

Did you know that if you're enrolled in medical, prescription drug, dental or vision benefits with CMSD, that you can access your benefits straight from your smart phone or device?

If you're enrolled in any of the below plans, you can access for your benefits by going online or downloading an app!



### MMO Medical Plan

- To access the website portal: Go to [www.medmutual.com/Member](http://www.medmutual.com/Member) and click "login" or "Register for an account"
- You can also download the MMO app!



### MetLife Dental Plan

- To access the website portal: Got to <https://www.metlife.com/insurance/dental-insurance/#> and click "login"
- You can also download the MetLife App!



### Anthem Medical Plan

- To access the website portal: Go to [www.anthem.com](http://www.anthem.com) and click "login"
- You can also download the Sydney Health App!



### United Healthcare Vision Plan

- To access the website portal: Got to <https://www.myuhcvision.com/MWP/Landing> and click "login"
- You can also download the UHC App!



### Contigo Medical Plan

- To access the website portal: Go to <https://secure.healthx.com/v3app/publicservice/loginv1/login.aspx?bc=7f2412bf-82a7-4fc7-a6d7-f761f69e315d&serviceid=0423a61e-d150-4fb0-a418-7d9b01a8d37e> and click "login"
- You can also download the Contigo Health App



To learn more about your benefits, visit [www.mycmsdbenefits.com](http://www.mycmsdbenefits.com)