Alliance Member Portal User Guide

The Alliance Member Portal is an online tool to help you manage your personal and care management information such as your personal details, goals, and provider information. This guide will help you learn how to use your Member Portal and explain what types of information and tools you will find in your portal.

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How do I log in to my Member Portal?

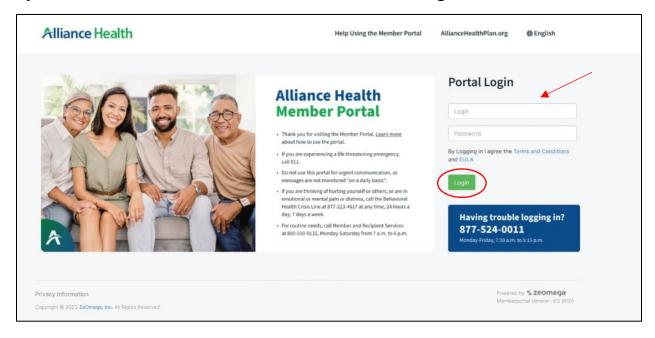
To log in to your Member Portal, you need a user ID and password. To get your login information, send an email to MemberPortal@alliancehealthplan.org. You can also call either of these numbers:

- (919) 678-5407
- (877) 524-0011

To get to the Member Portal, either:

- Click this link: Alliance Health Member Portal
- Open a web browser (Google Chrome or Microsoft Edge are the best browsers to use for the Member Portal) and copy and paste this website: https://alliancebhmp.zeomega.com/cms/MemberPortal/Controller/getIndex
- Access the link from the Alliance Health website: <u>alliancehealthplan.org</u>

Once you get to the Member Portal website, type the login ID and password provided by the Alliance Health Information Team, and click the **Login** button.



Changing your password on your first login

The first time you log in to your Member Portal, you will need to change your password. To change your password, follow these steps:

1. When you log in, you will see this page:



- 2. In the Old Password field, type in the temporary password given to you by the Alliance Health Information Team.
- 3. In the next box, type your new password. Your new password must contain 10 characters, a capital letter, a number and a special character:
 - The new password should comply with the following guidelines:

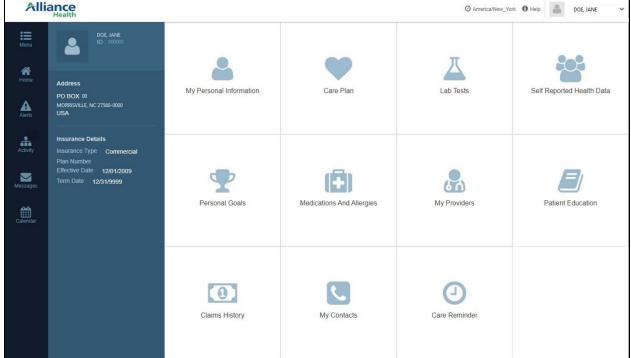
 The new password should comply with the following guidelines:

 The new password should comply with the following guidelines:
 - The password should be between 10 (minimum) and 30 (maximum) characters.
 - The password should include at least one upper case letter and one lower case letter (A-Z, a-z).
 - . The password should include at least one numeric character (0-9).
 - · The password should include at least one special character.
 - The special characters that you can include are (! # \$ ' () * , . / < = > ? @ [] ^ ` { | } ~).
 - · The password should not be the same as the last two password.
 - . The password should not include the user's name or user's login ID.
 - · The password should not include the company name.
- 4. Type in your new password again in the Confirm Password box.
- 5. Click **Change Password.** The following message will appear:

Your password has been successfully updated. Back to login

- 6. Click the **Back to login** link to go back to the login page.
- 7. Use your login ID and new password to log in to your Member Portal.

Once you have logged in, the Member Portal home page will appear: Alliance Health



What if I forget my password?

If you forget your password, contact the **Alliance Health Information Team** to have your password reset. When updating your password, you cannot use a password that you have used before.

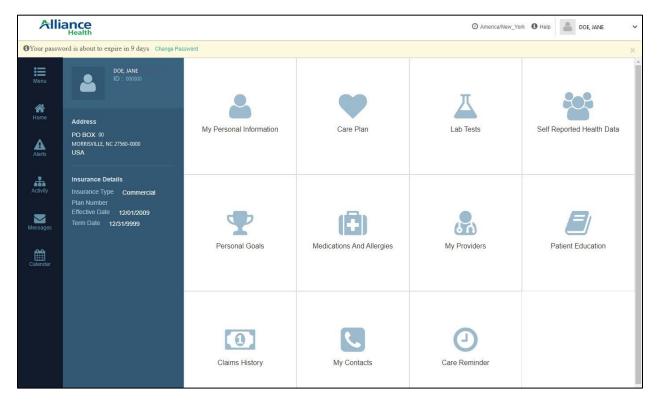
Alliance Health Information Team:

Email: MemberPortal@alliancehealthplan.org

Phone: (919) 678-5407 or (877) 524-0011

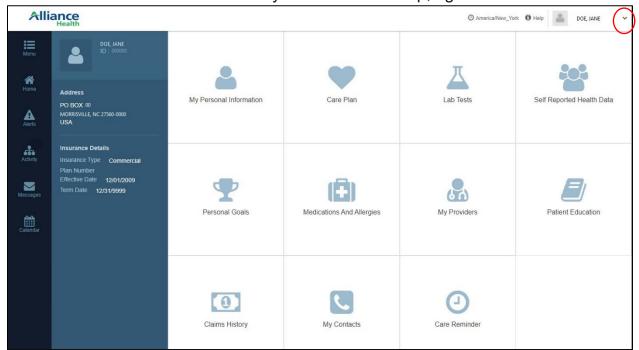
Changing Your Password

You will need to change your password every 30 days. Ten days before your password expires, a reminder message will pop-up when you log in to your portal. You may see a banner at the top of your screen with a link to change the password.

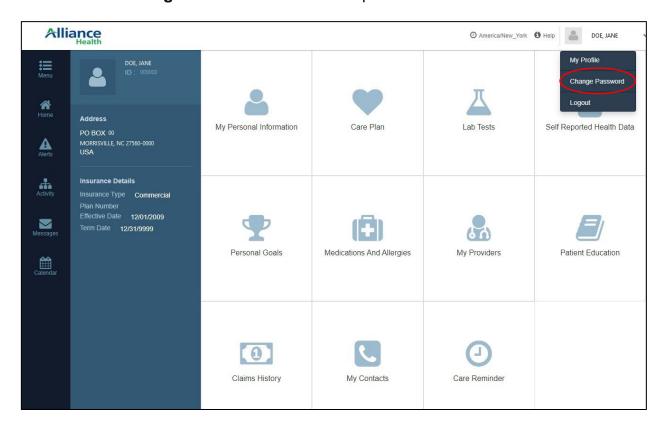


To change your password:

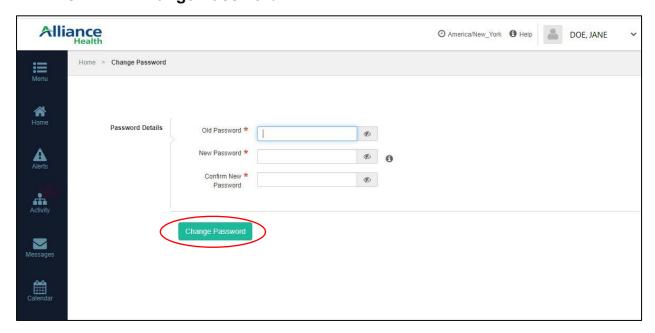
1. Click the down-arrow next to your name at the top, right side of the screen.



2. Select Change Password from the drop-down menu.



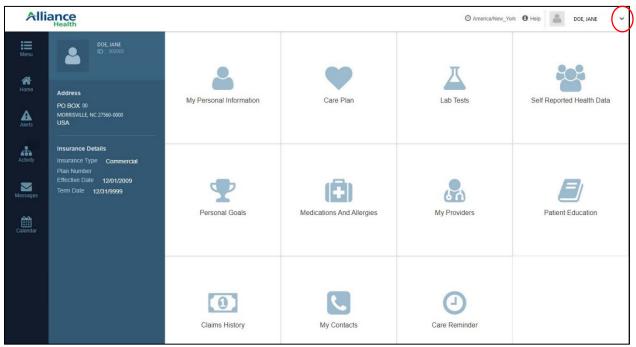
- 3. Type your old password and a new password in the boxes.
- 4. Click the Change Password button.



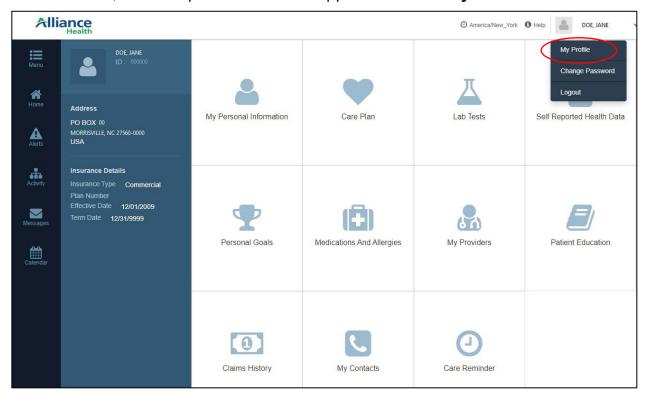
Viewing Your Profile and Accessing Help

My Profile

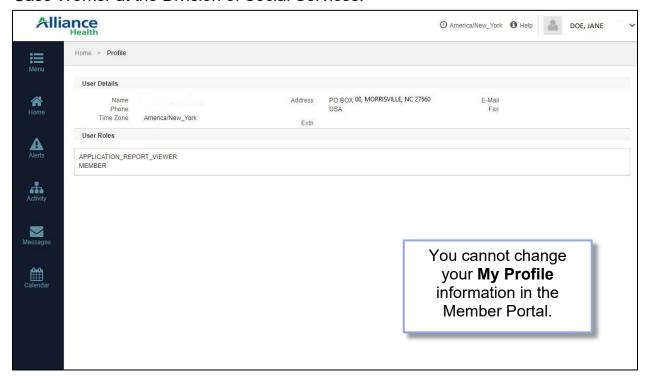
Your profile screen displays your user details, such as name and address. To view your profile, look for the down-arrow next to your name at the top, right side of the screen.



Click the arrow, and a dropdown menu will appear. Click the My Profile link.

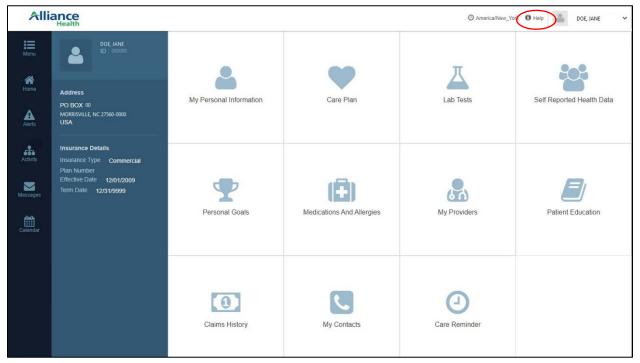


This is a view only screen. If you see information that is incorrect, contact your Case Worker at the Division of Social Services.

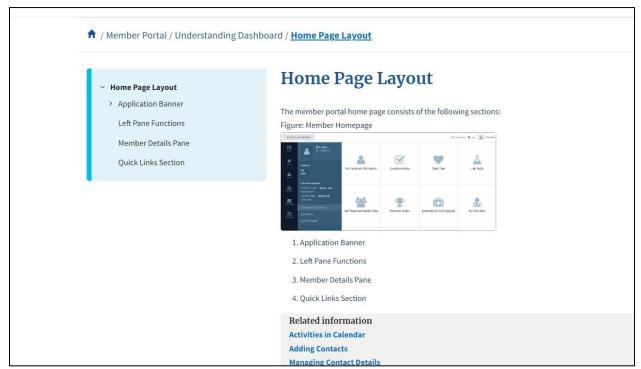


Accessing Help

You can access Help information on any screen by clicking on the **Help** link next to the profile drop-down.

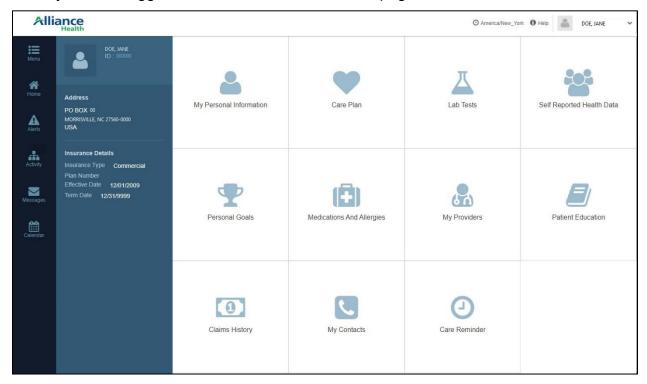


A new internet window will open and display help information for the Member Portal page you are viewing.

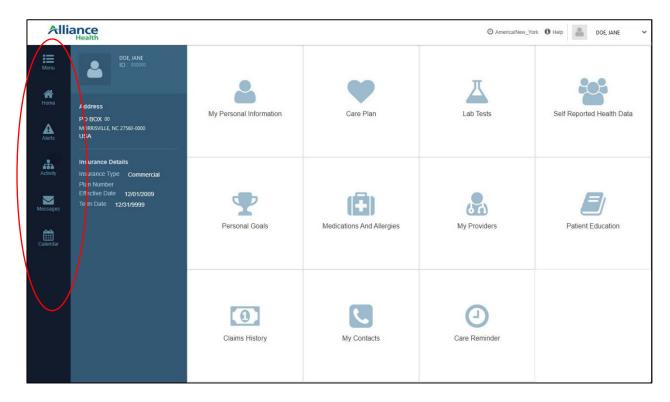


Member Portal Layout

Once you have logged in, the Member Portal home page will look like this:

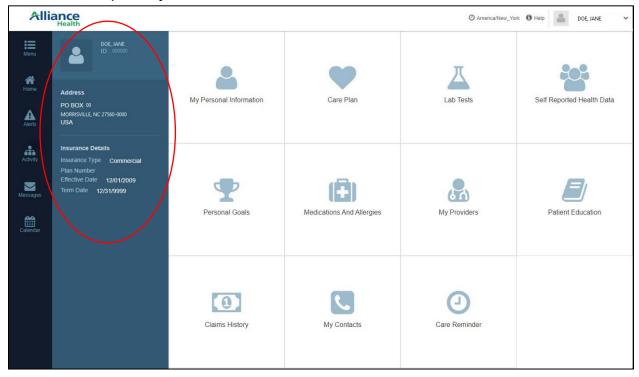


The left pane has links to several pages in the portal:

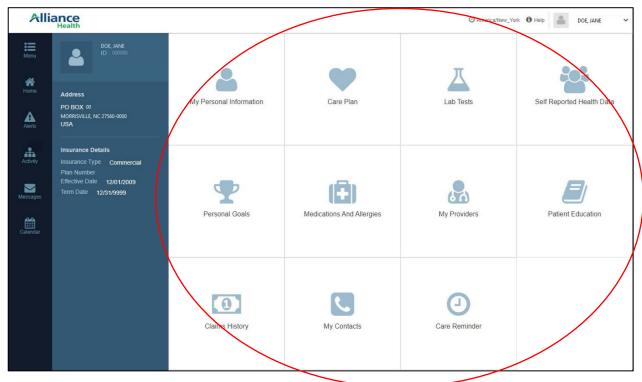


| Menu | The Menu icon will show you the task options in the Member Portal. Most of these options are also available in the Quick Links section, but some options are only available from the Menu. |
|----------|---|
| Home | The Home icon will take you back to the Member Portal home screen |
| Alerts | Alliance is not currently using the Alerts function in the Member Portal |
| Activity | The Activity icon will lead you to Activities and Personal Goals set by you or your Care Manager |
| Messages | The Messages icon lets you send messages to your Care Manager |
| Calendar | The Calendar icon will open your Member Portal Calendar |

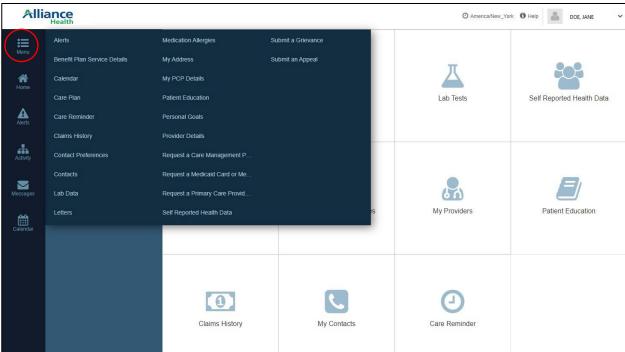
The Member Details section shows your basic information, such as your name, ID, address, and primary insurance details:



The Quick Links section helps you quickly get to task links such as Care Plan, Claims History, and Lab Tests. You can click the quick links to go to the page you need.



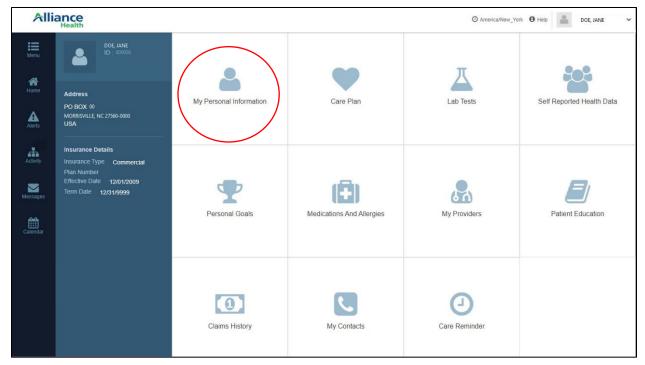
You will find links to the tools in the Member Portal by clicking on the **Menu** icon from the left pane:



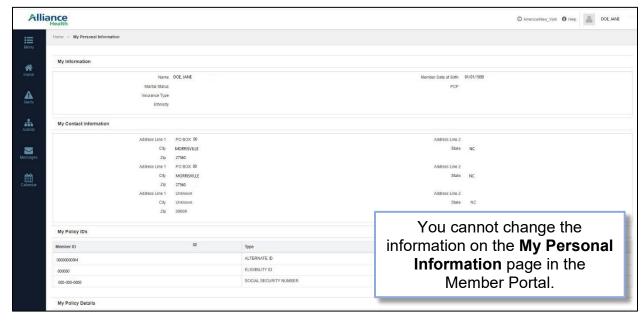
Information and Tools in the Member Portal

My Personal Information

On the **My Personal Information** page you can view your personal information such as your name and contact information and see details about your policy and benefits. To view your personal information, click on the **My Personal Information** quick link from the home screen.

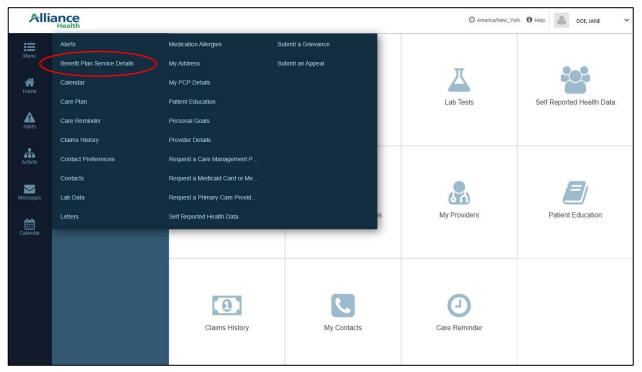


If you see information that is incorrect, contact your Case Worker at the Division of Social Services.

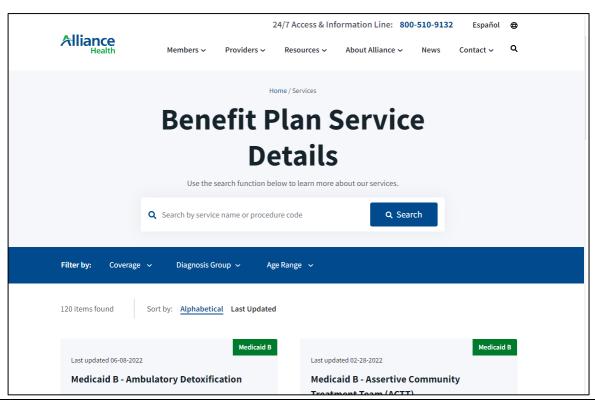


Benefit Plan Service Details

To view details of your Benefits Plan Service, click the **Benefits Plan Service Details** link from the Menu.

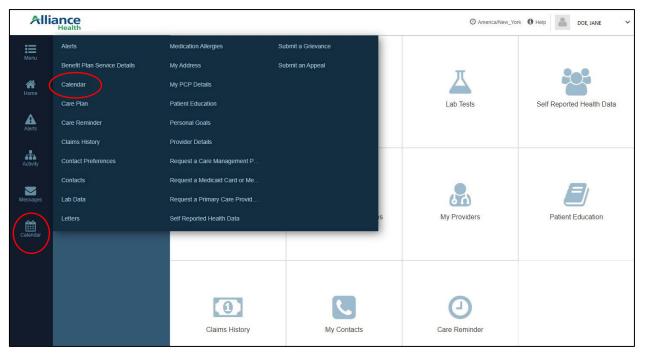


This link will open a new window on the Alliance Health website. This page will show you details about programs and services offered by Alliance.

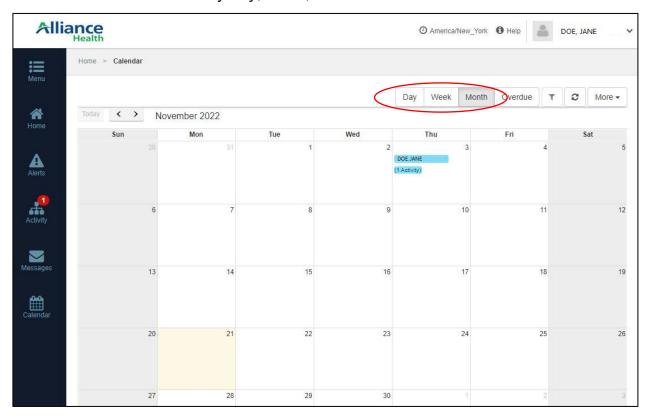


Calendar

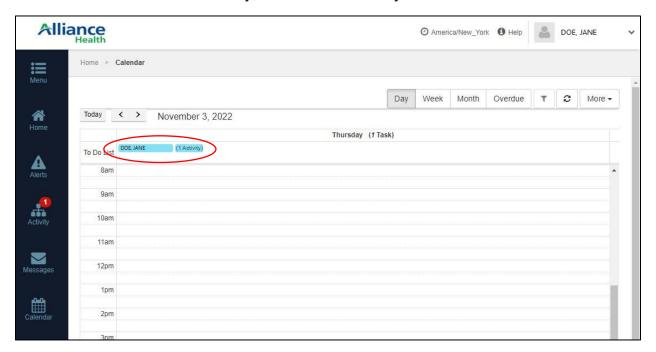
On the **Calendar** page, you can view your personal goals and activities in a calendar view. You can access your calendar by clicking the **Calendar** icon in the left pane or from the Menu.



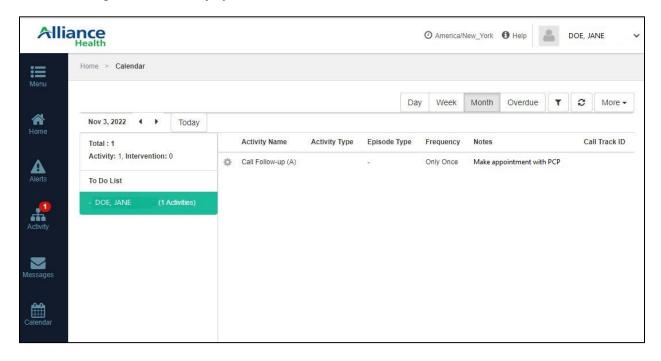
You can view the calendar by day, week, or month.



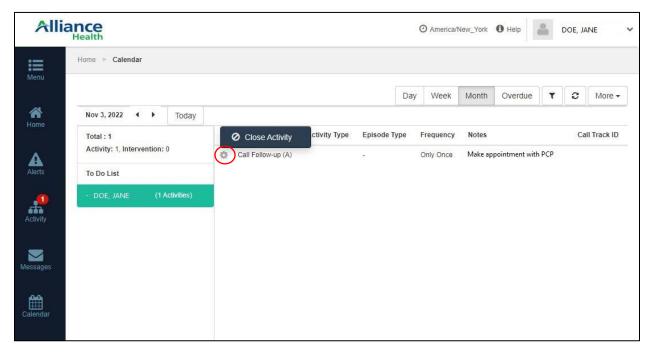
To view the details of an activity, click on the activity in the calendar.



After clicking on the activity, you will see a details screen.

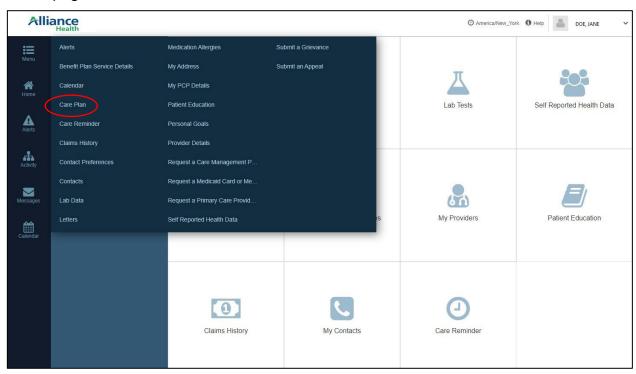


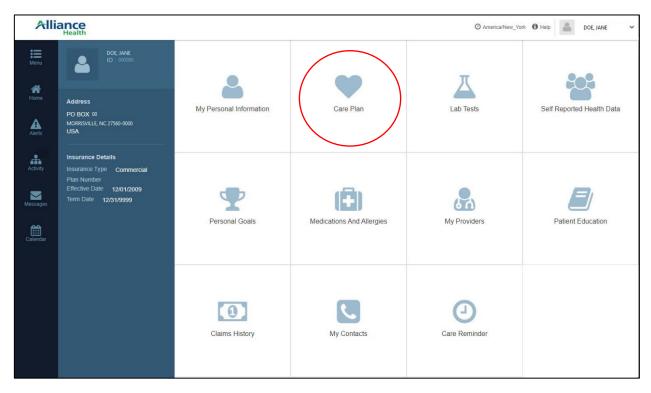
When you have completed an activity or personal goal, you can close the activity by clicking the gear wheel next to the **Activity Name** and selecting **Close Activity**.



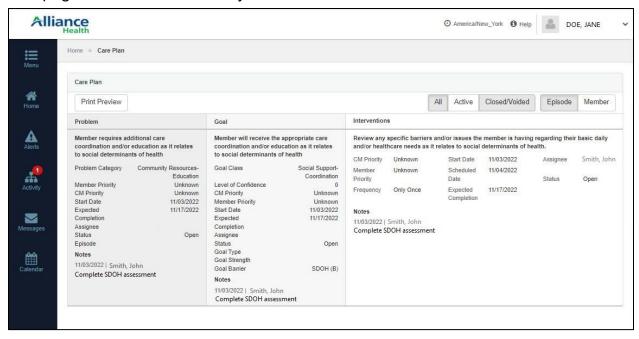
Care Plan

On the **Care Plan** page, you can view and print your active and closed care plans. You can access you care plan from the Menu or by clicking the Care Plan quick link on the home page.



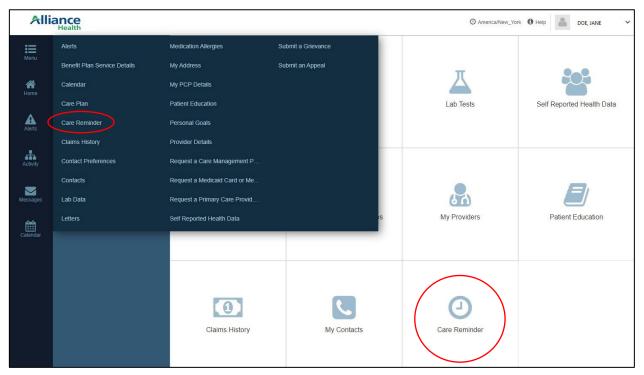


The page will list the details of your Care Plan.

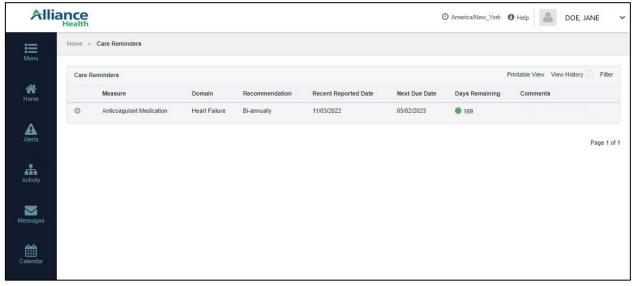


Care Reminders

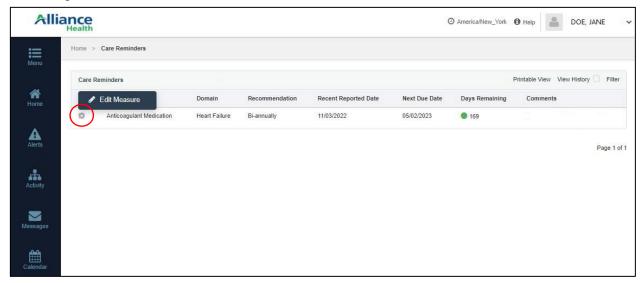
Care Reminders can be added by the Care Manager. You can access the **Care Reminder**s page from the Menu or the home screen.



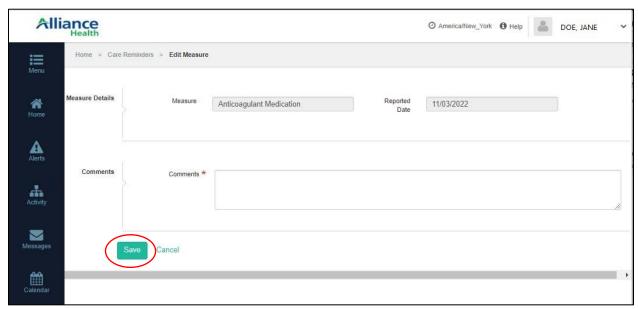
On this page you can view details of the care measures that your Care Manager has added for you.



You can add comments to a Care Reminder by clicking on the gear wheel selecting **Edit Measure**.

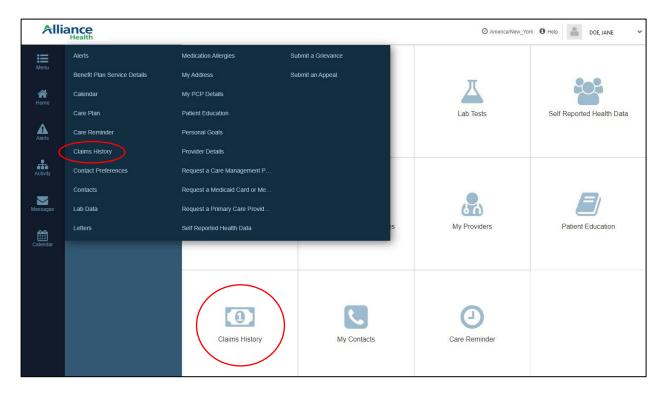


Type your comments in the box and click **Save**.

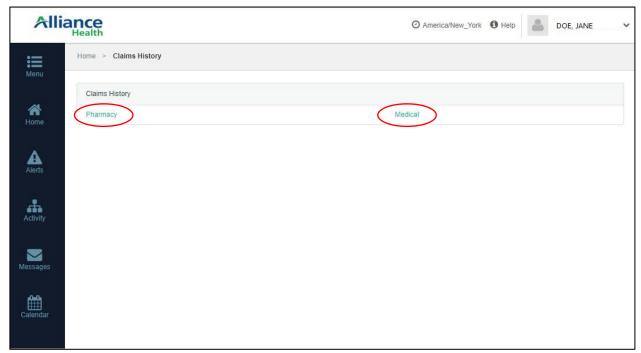


Claims History

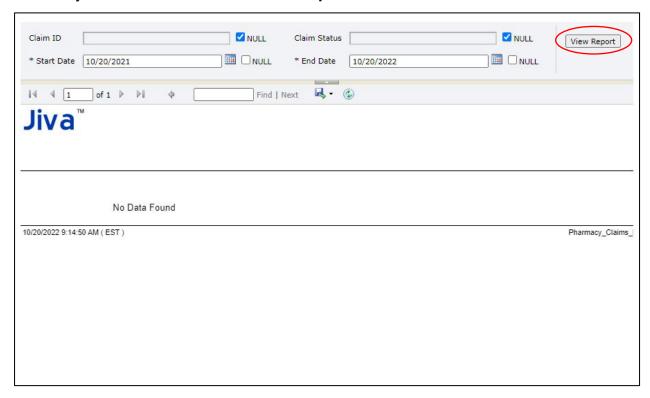
To view your past pharmacy or medical claims, select **Claims History** from the Menu or click the **Claims History** quick link on the home screen.



Click the type of claim you would like to view, either Pharmacy or Medical.

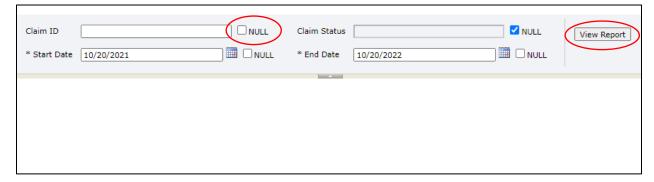


A new window will open for you to search for claims. Choose the **Start Date** and **End Date** for your search and click the **View Report** button.



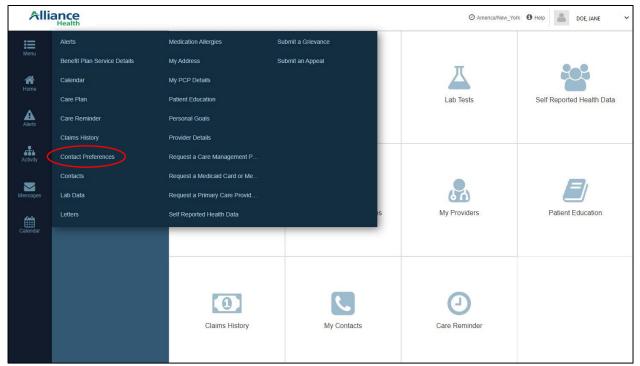
To search for a specific claim:

- 1. Unclick the Null check box next to the Claim ID box.
- 2. Type in the claim number in the Claim ID box.
- 3. Click the **View Report** button to complete the search.



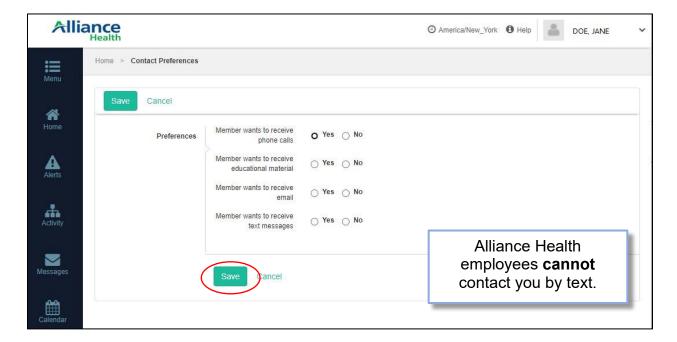
Contact Preferences

You can choose how you would like your Care Manager to contact you on the **Contact Preferences** page. To get to this page, click **Contact Preferences** from the Menu.



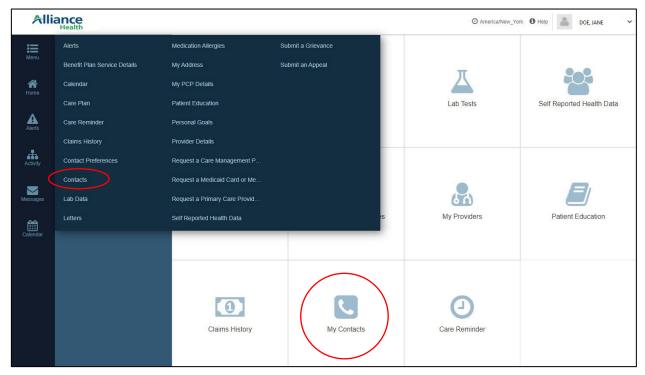
Select **Yes** or **No** for the contact options listed and click the **Save** button.

Please note that although texting is listed as an option in the Member Portal, for security reasons, Alliance Health employees **cannot** contact you by text.

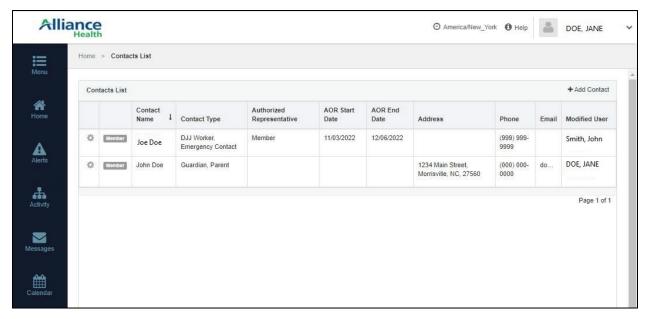


Contacts

On the **Contacts** page, you can add or update details for your contacts. Select **Contacts** from the Menu or click the **My Contacts** quick link on the home page.

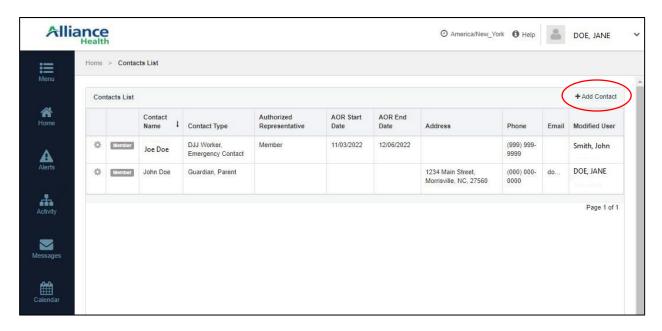


You will see a list of your saved contacts. Although you can list your contacts, here, we may not have permission to legally contact the people on this list.

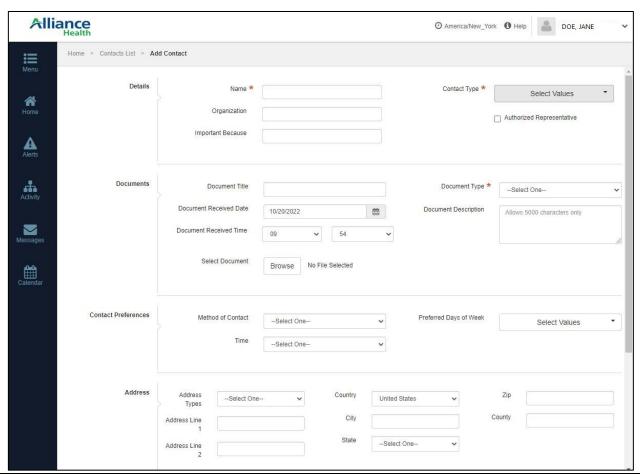


To add a contact:

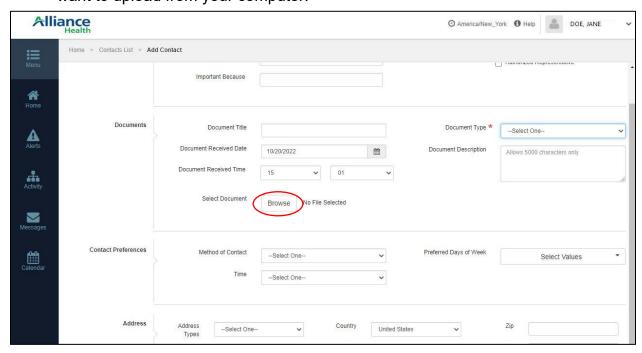
1. Select the +Add Contact link.



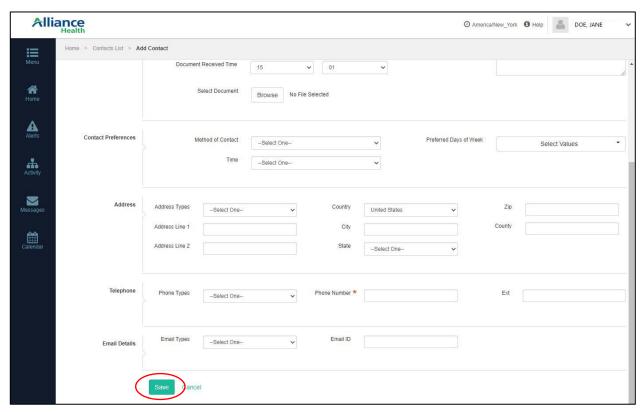
2. Type in the details for your contact. Any boxes with a star are required.



3. If needed, add documents that relate to the contact. Add any details in the documents section and the click the **Browse** button to select the document you want to upload from your computer.

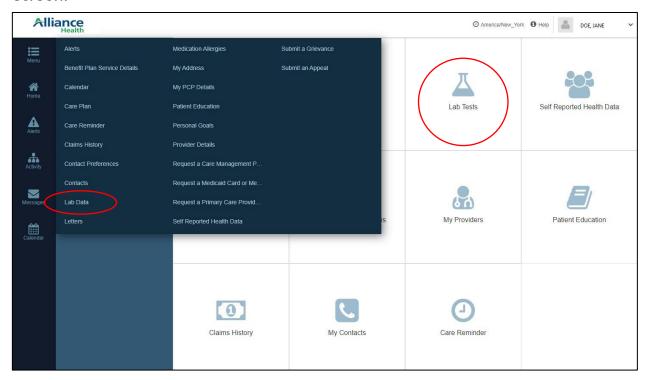


4. When you have entered all the details for your new contact, click the **Save** button at the bottom of the screen.

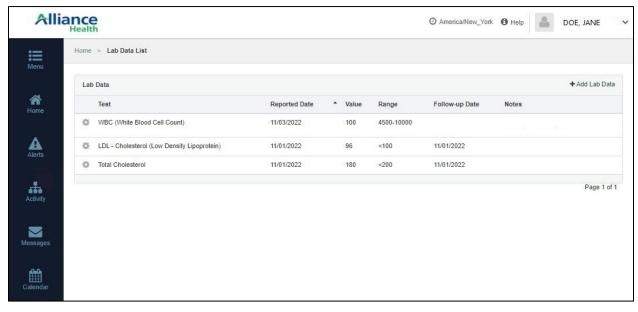


Lab Data / Lab Tests

To view lab test results added by you or by your Care Manager, select **Lab Data** from the Menu or click the **Lab Tests** quick link from the Member Portal home screen.

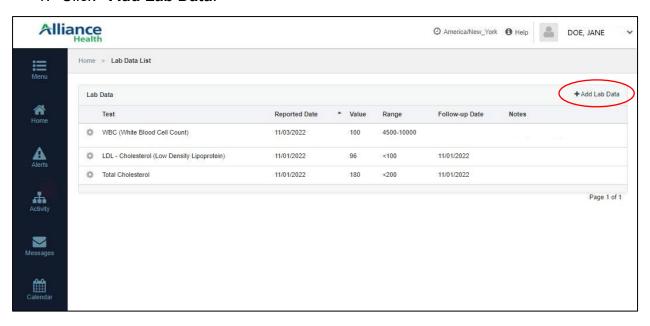


This page will list any lab data added by you or your Care Manager.

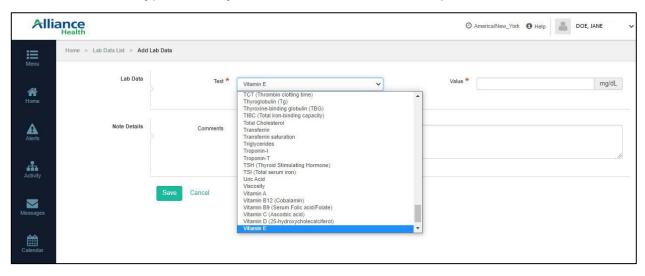


To add lab data:

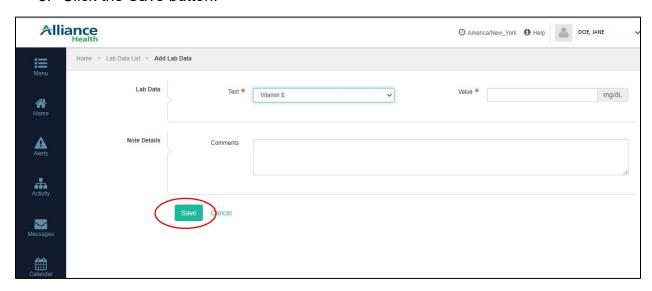
1. Click +Add Lab Data.



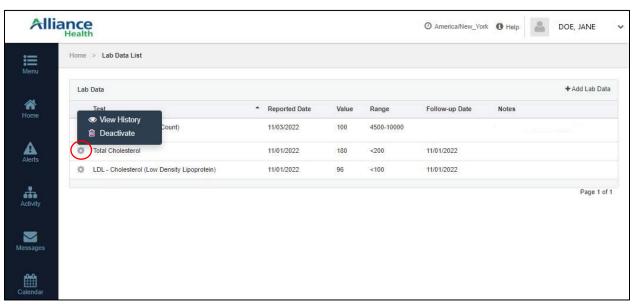
2. Select the type of test you want to add from the drop-down menu.



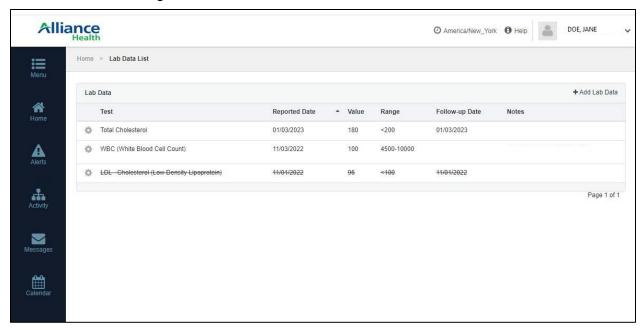
- 3. Enter a value for the type of test you chose.
- 4. Enter any comment.
- 5. Click the Save button.



You can deactivate lab data that you have entered by selecting the gear wheel next to the test. You cannot deactivate data that was entered by your Care Manager.

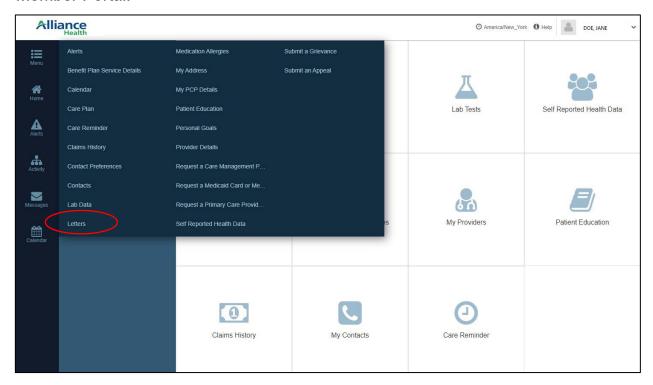


If you deactivate a test, you will be able to see the results, but the lab test and results will have a line through them.



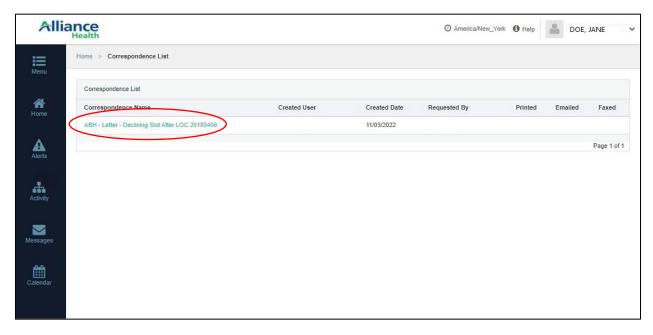
Letters

On the **Letters** page you can view letters sent to you by Alliance Health through the Member Portal.

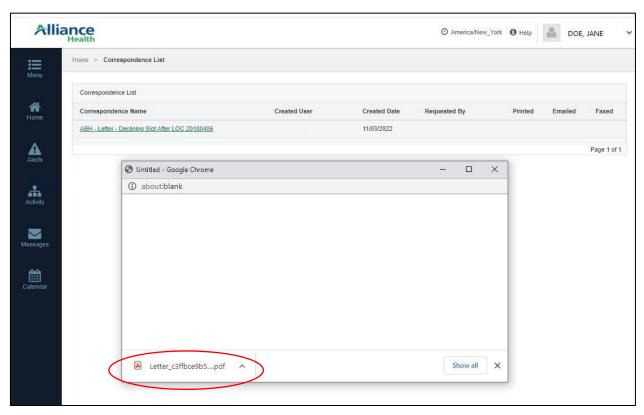


To download and view a letter:

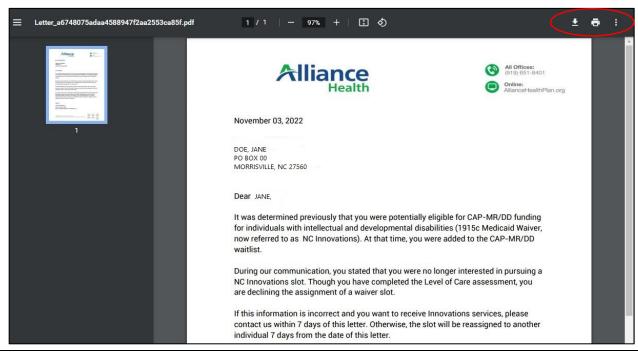
1. Click on the name of the letter from the list.



- 2. A new window will open with the downloaded letter.
- 3. Click the download to open a PDF of the letter.



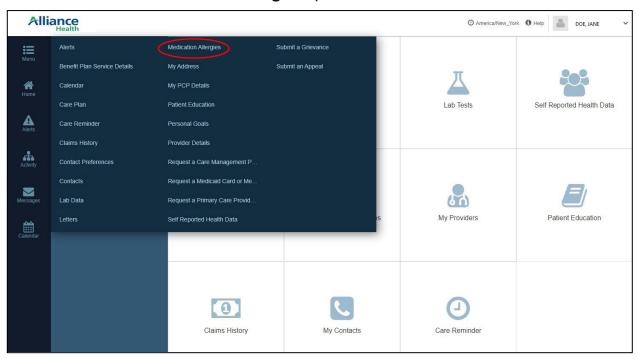
4. To save the letter to your computer or print the letter, click the options on the top right of the screen.

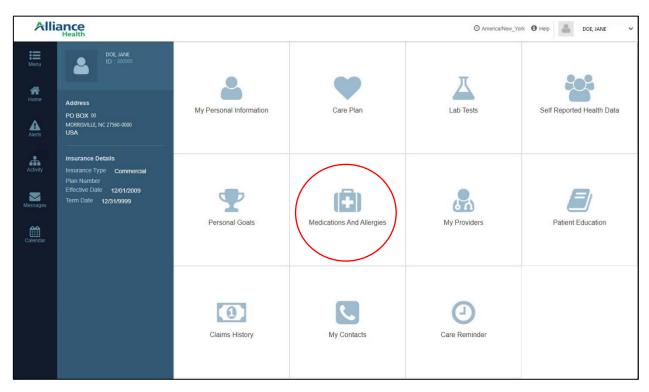


Medications and Allergies

You can view any medications and allergies added by your Care Manager in the Medications and Allergens page. You can also add medications and allergies.

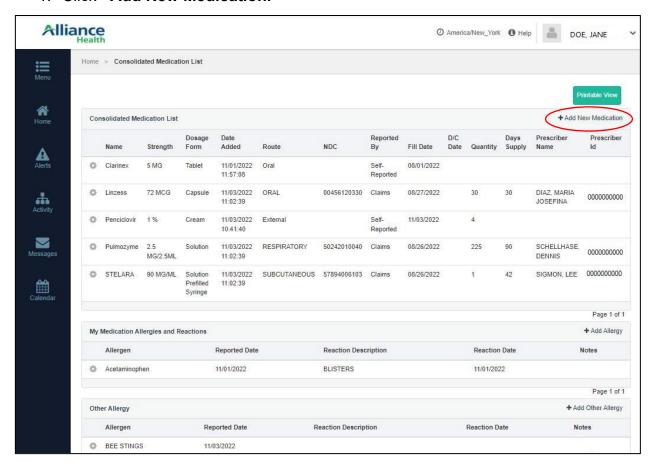
To access Medications and Allergies, select **Medication Allergies** from the Menu or select the **Medication And Allergies** quick link from the home screen.



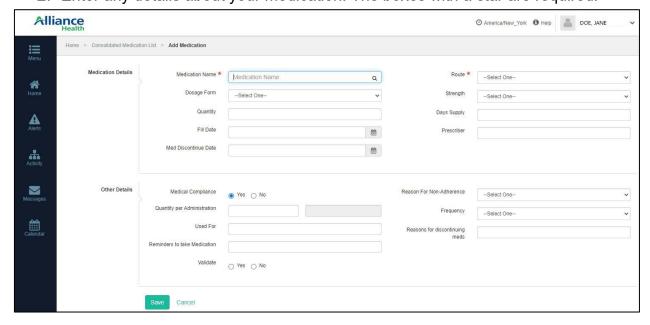


To add a medication:

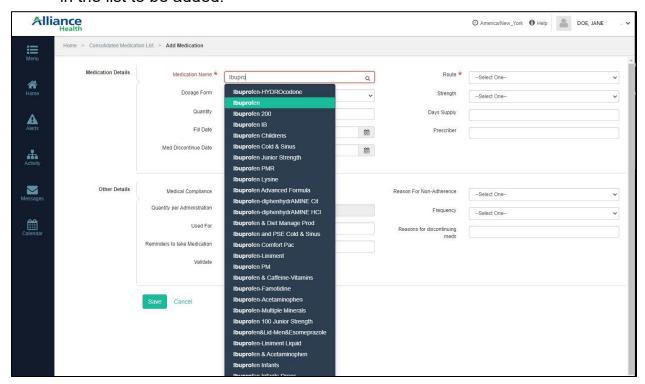
1. Click +Add New Medication.



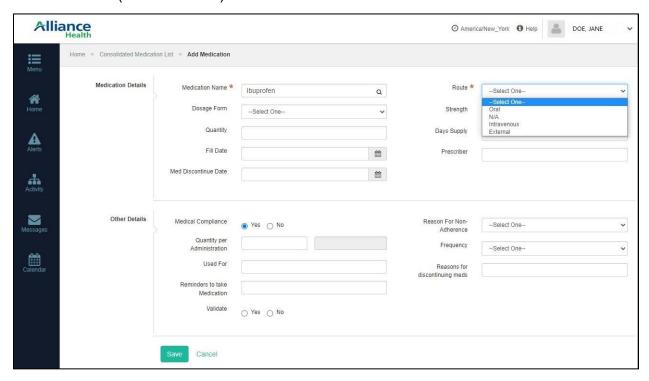
2. Enter any details about your medication. The boxes with a star are required.



3. As you begin to type the name of your medication in the Medication Name box, a list of medications will appear. The name of your medication must be in the list to be added.



- 4. Once you have chosen the name of your medication, you must select how you take the medicine. In the **Route** drop-down menu, select one of these options:
 - Orally (by mouth)
 - Intravenous (through a needle in a vein)
 - External (such as a patch or cream)
 - N/A (none of these)

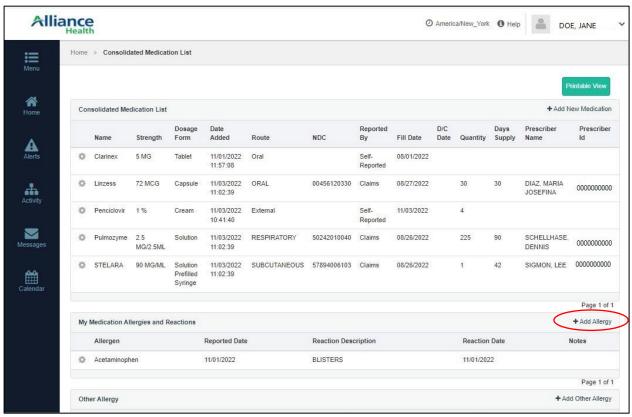


- 5. Add any other details that you can add about your medicine.
 - Dosage Form: how your medicine looks, such as a pill or liquid
 - Strength: amount of the medicine in your pill or liquid dose
 - Quantity: how many pills or the amount of liquid you take each time
 - Days Supply: how many days of medicine is given to you when you get your prescription refill
 - **Fill Date**: the date your prescription was filled at the pharmacy
 - Prescriber: which of your doctors prescribed the medicine to you
 - Med Discontinue Date: the date you stopped using the medicine
 - Reasons for discontinuing meds: If you stop taking your medicine, you can add a reason here.
 - Medical Compliance: whether you are taking your medication as prescribed
 - Validate: check Yes if you are taking your medication as prescribed.

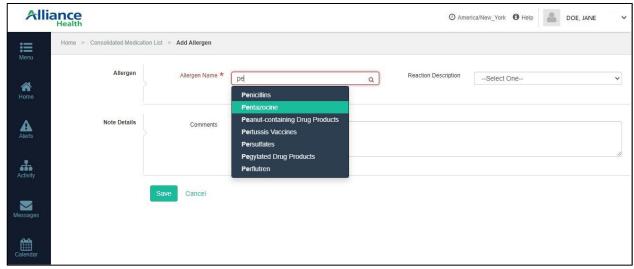
- Reason for Non-Adherence: if you have marked that you are not taking your medicine as prescribed, you can choose a reason from the drop-down list. Reasons you can pick from include Can't afford, Can't get to pharmacy, Can't remember, and Side effects.
- Quantity per Administration: how many pills or the amount of liquid you take each time
- Frequency: how often you take your medicine such as once or twice a day
- **Used For:** this information will be added by the system based on the medication name you enter and the condition that medicine is prescribed for. You can change reason if the condition shown is not correct for you.
- Reminders to take Medication: if you have reminders to help you remember to take your medication, you can describe them here.
- 6. When you have entered any details you know about your medicine, click the **Save** button at the bottom of the screen.

To add an allergy to a medicine:

1. Select +Add Allergy from the Medications And Allergies page:



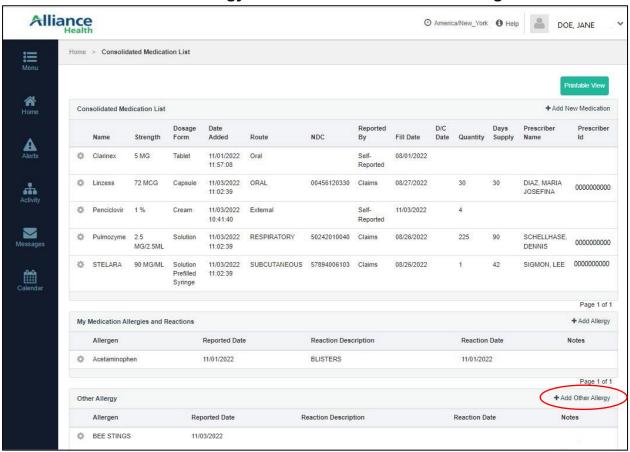
2. Enter the name of the medicine you are allergic to by typing the medicine name in the **Allergen Name** box. A list of available names will come up. You can only add medicines that are in the Member Portal system.



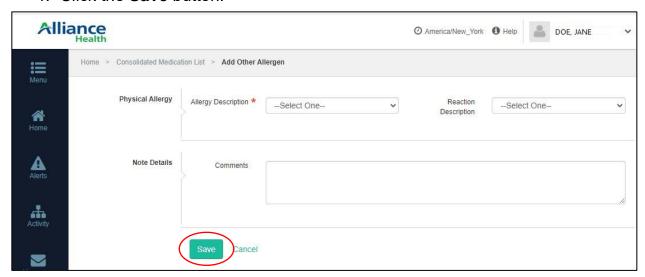
- 3. Select the Reaction Description from the drop-down list.
- 4. Make any notes you would like to make in the **Comments** box.
- 5. Click the Save button.

To add another allergy not to a medicine:

1. Click +Add Other Allergy from the Medications And Allergies screen.

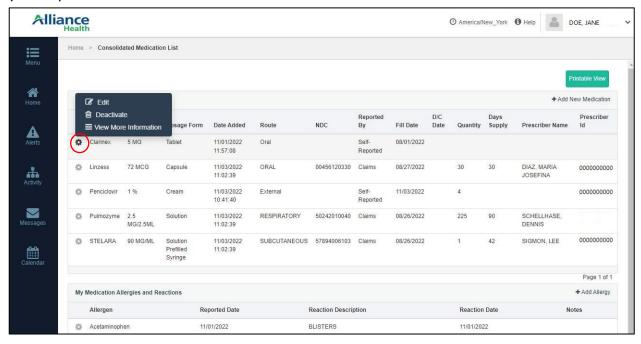


- Select the Allergy Description and Reaction Description from the dropdown menus.
- 3. Add any notes in the Comments box.
- 4. Click the Save button.

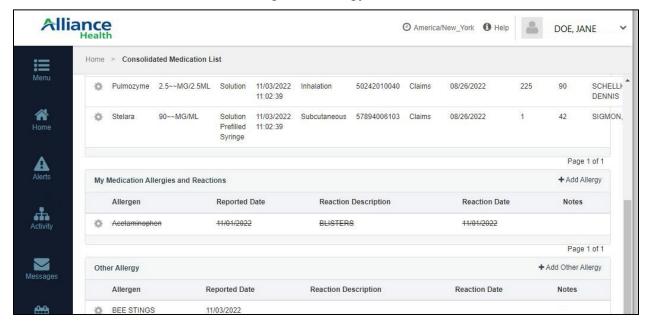


To **Edit**, **Deactivate**, or **View More Information** about a medicine or allergy, click the gear wheel beside the medicine or allergy name.

If you deactivate a medicine, it will no longer appear in the list. If your Care Manager adds a medicine to this list, you can add notes about whether you are taking the medicine as prescribed, but you will not be able to edit the details about your prescription.

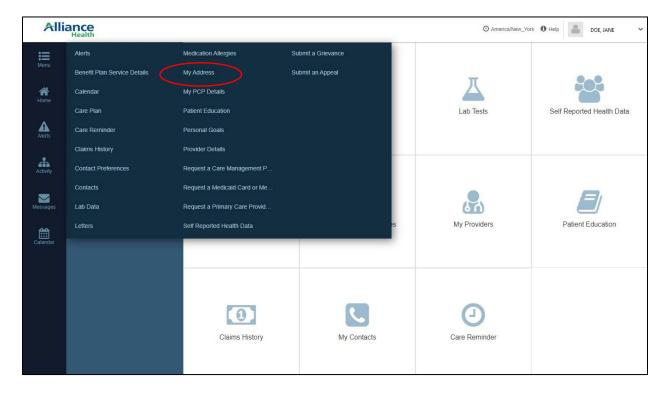


If you deactivate an allergy that you have added to your list, the allergy will still appear in the list, but it will have a line through the allergy details.

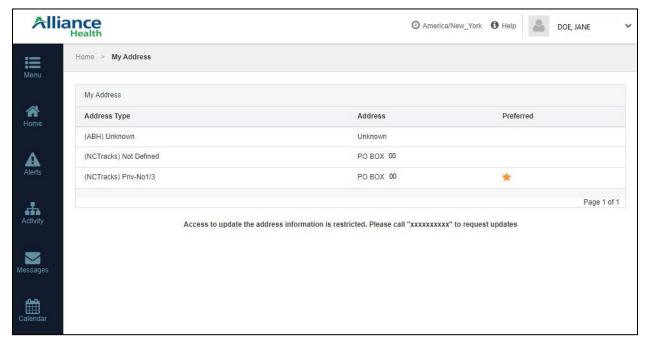


My Address

To view your mailing address, click the My Address link in the Menu.

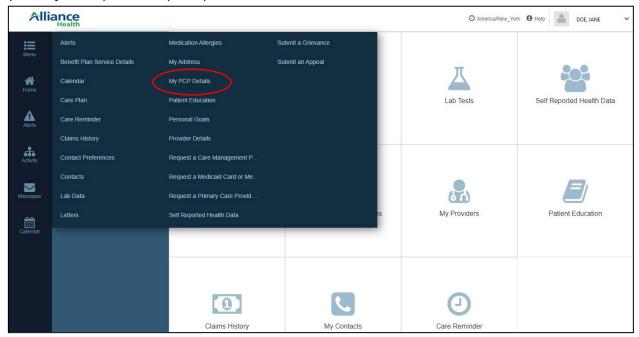


If you need to update your mailing address, contact your Case Worker at the Division of Social Services.

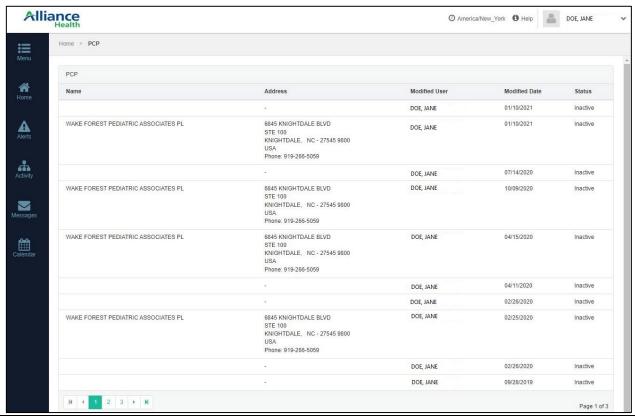


My PCP Details

On the **My PCP Details** page from the Menu, you can view information about your primary care provider (PCP).

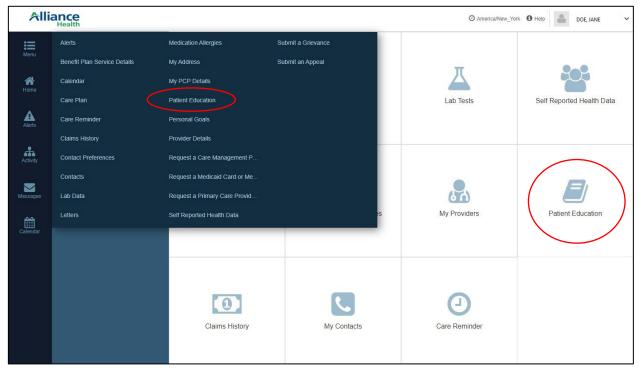


You cannot edit this information. If you would like to change your PCP, use the **Request a Primary Care Provider Change** link from the Menu.

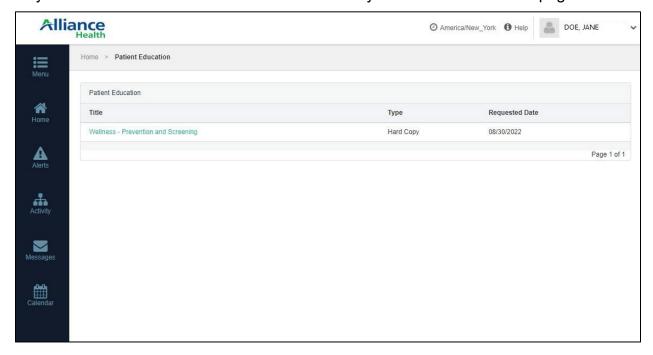


Patient Educational Materials

You can view educational materials sent to you by your Care Manager by selecting **Patient Education** from the Menu or by clicking the **Patient Education** quick link on the home screen.

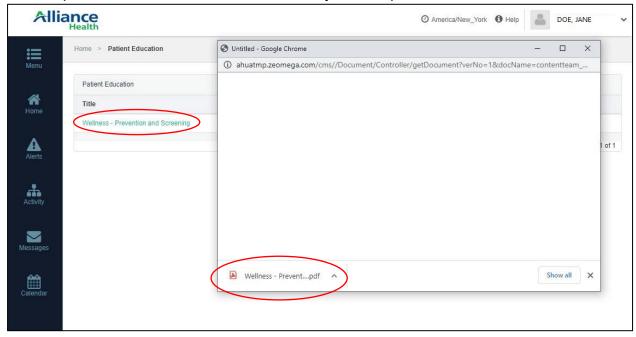


Any educational materials that have been sent to you will be listed on this page.

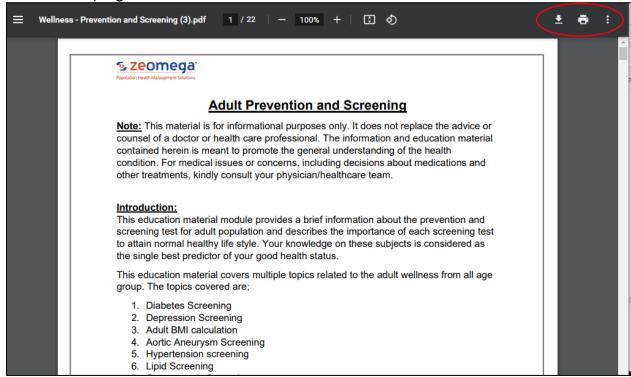


To download and view patient education:

- 1. Click on the document title.
- 2. A new window will open with the downloaded document. Click the download to open or save a PDF of the material to your computer.

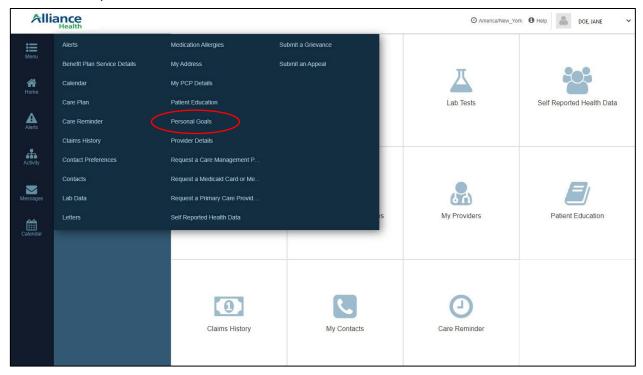


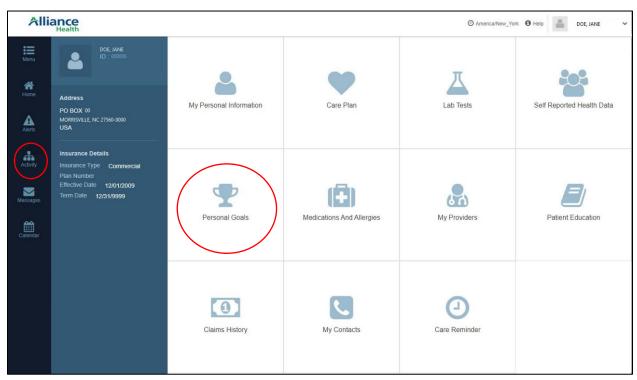
3. To save the material to your computer or print the material, click the options on the top right of the screen.



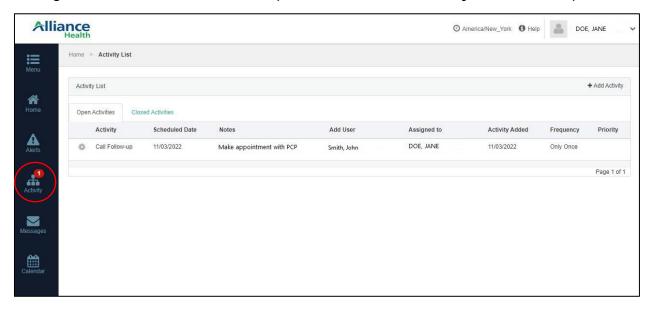
Personal Goals and Activities

On the **Personal Goals** page, you can add your personal goals or activities you create with your Care Manager. To access this page, select **Personal Goals** from the Menu, click the **Personal Goals** quick link from the home screen, or select the **Activity** link from the left pane of the home screen.



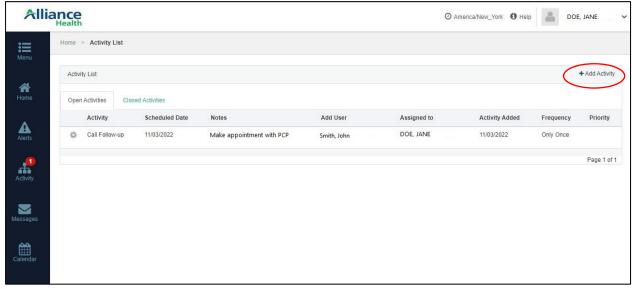


This page will list the personal goals and activities you developed with your Care Manager. You will see the number of open activities on the **Activity** icon in the left pane.



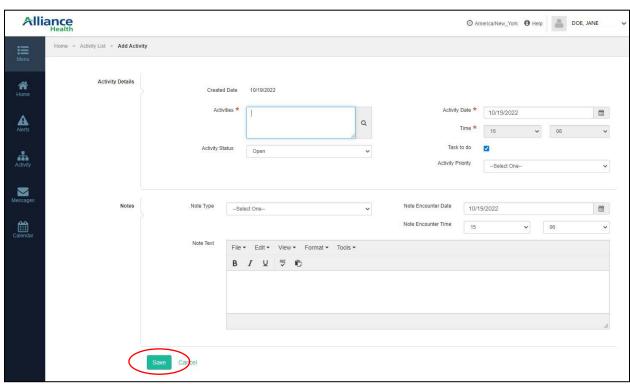
To add a personal goal to your activity list

1. Click +Add Activity.

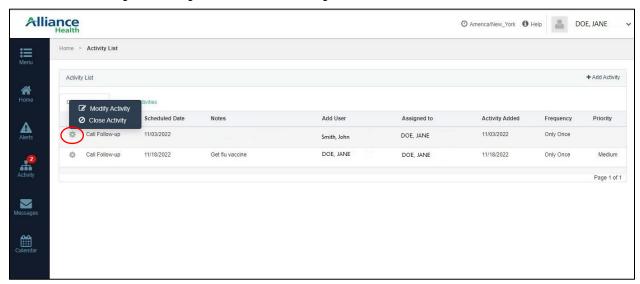


- 2. Enter the following information:
 - Activities: type "Call Follow-up"
 - Activity Date: select a date by clicking on the calendar icon
 - Time: enter a time for your activity, you must first uncheck the Task To Do box
 - Activity Status: select the arrow for the drop-down menu to set the activity as Open or Closed
 - Activity Priority: select the arrow for the drop-down menu to set the activity

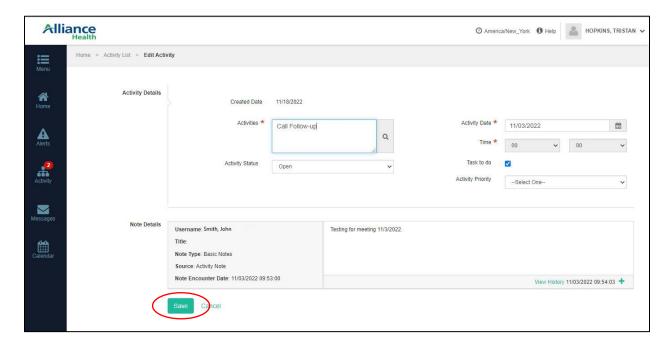
- as Critical, High, Medium, Low, or Unknown priority
- Notes: select the Note Type from the drop-down, you can enter the Note Encounter Date and Time, and add your note to the Note Text box
- 3. When you have entered the details for your activity, click the **Save** button.



To close or modify (edit) an activity, click on the gear wheel icon ★ next to the activity and click Modify Activity or Close Activity.



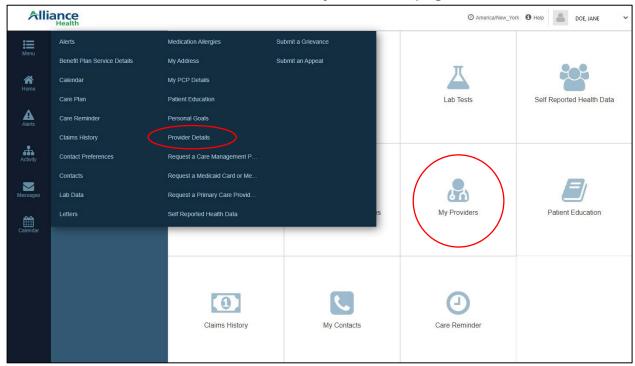
If you select Modify Activity, you will be able to edit the text in the boxes. You can add a note to the activity by clicking on the plus (+) symbol on the bottom right of the screen. When you are done with your note, click the **Save** button.



Provider Details / My Providers

You can see the list of your providers on the **My Providers** page. You can access the list from the **Provider Details** link in the Menu or by selecting the **My Providers** quick link from the home screen.

You cannot edit the information on the My Providers page.

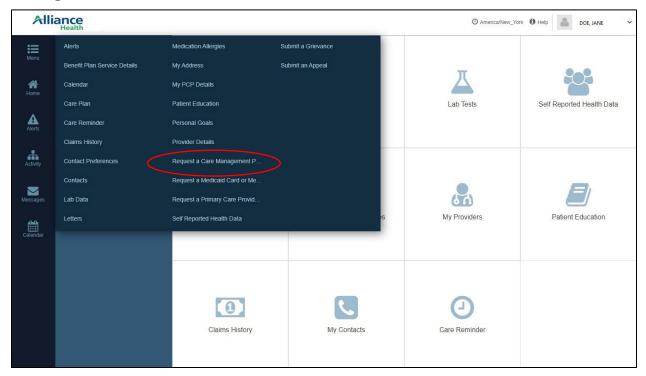


Click the location icon or to view a map route to the provider's address.

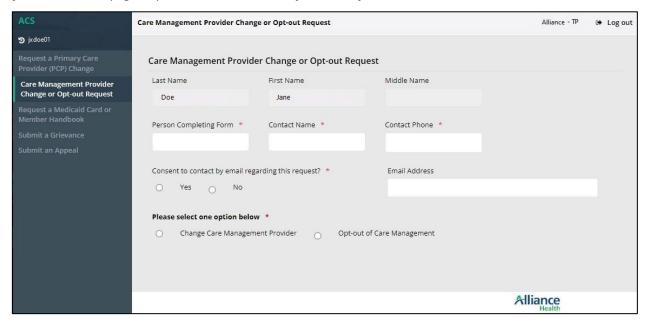


Request a Care Management Provider Change

You can request to change your Tailored Care Management Provider or opt-out of care management by clicking on the **Request a Care Management Provider Change** link in the Menu:

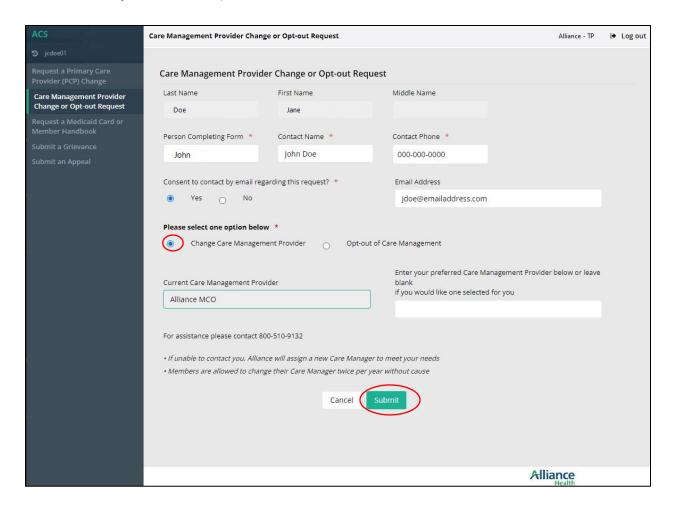


The link will open a new window. The boxes marked with a star must be filled in. If you consent (agree) to be contacted by email, you must enter an email address.



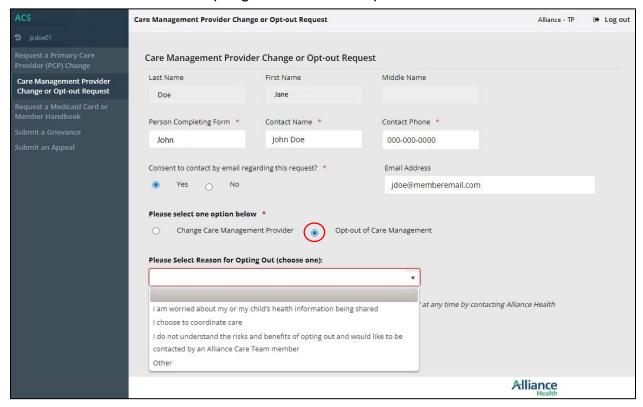
To request a change of your care management provider:

- 1. Click the Change Care Management Provider button and more boxes will be shown.
- 2. Your current provider's name will appear, along with a box where you can enter the name of the care management provider you would like to use. If you do not know which provider you would like to use, you can leave the box empty.
- 3. When you have completed the form, click the **Submit** button.

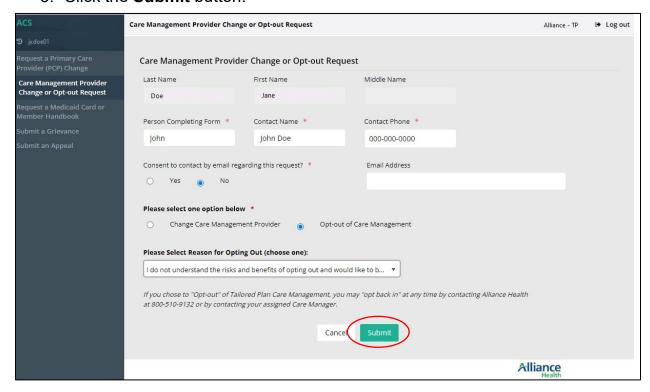


To opt out of tailored care management:

- 1. Click the Opt-out of Care Management button.
- 2. Select a reason for opting out from the drop-down list.

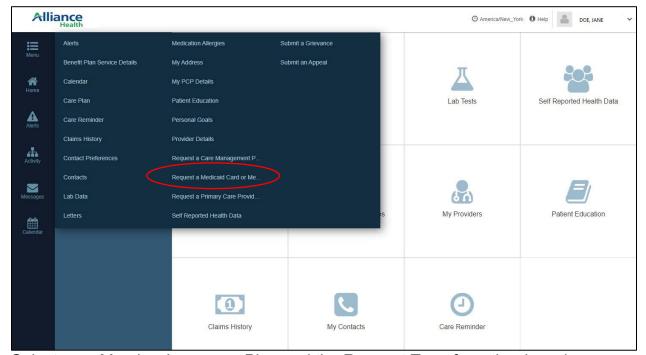


3. Click the **Submit** button.

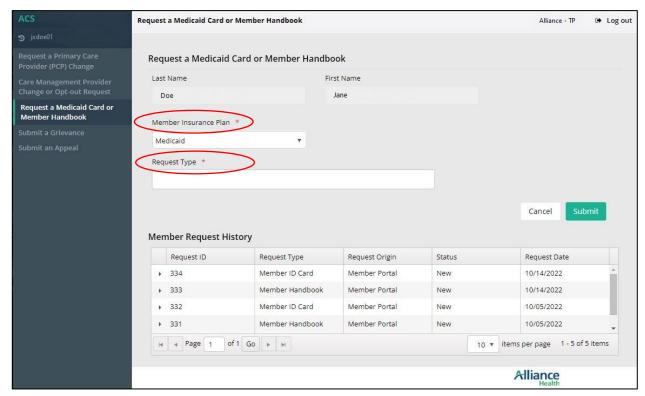


Requesting a Medicaid Card or Member Handbook

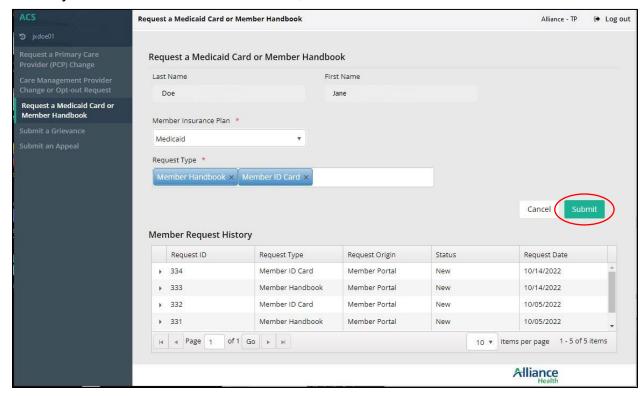
You can request a Medicaid card or an Alliance Member Handbook from the **Request a Medicaid Card or Member Handbook** screen from the Menu.



Select your Member Insurance Plan and the Request Type from the drop-down menus.



When you have entered these choices, click the **Submit** button.

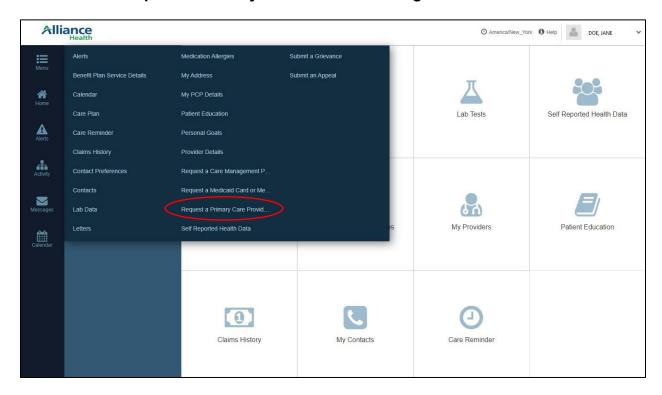


Requesting a Primary Care Provider Change

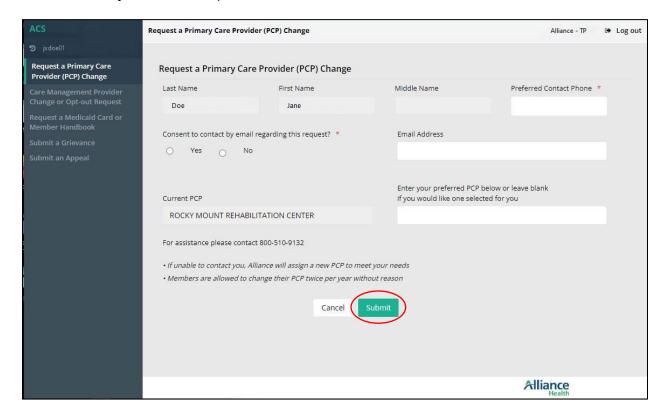
You can request a change to your primary care provider (PCP) through the Member Portal.

To request a change to your primary care provider:

1. Select Request a Primary Care Provider Change from the Menu.

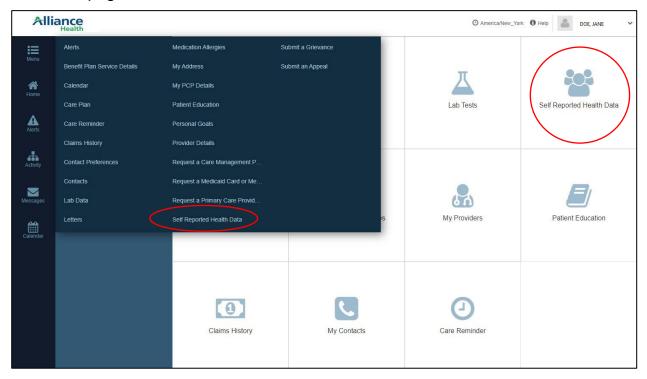


- 2. A new window will open. Fill out any box marked with a star. If you consent (agree) to be contacted by email, you must enter an email address.
- 3. Your current PCP's name will appear, along with a box where you can enter the name of the provider you would like to use. If you do not know which PCP you would like to use, you can leave the box empty, and a PCP will be chosen for you.
- 4. When you have completed the form, click the **Submit** button.

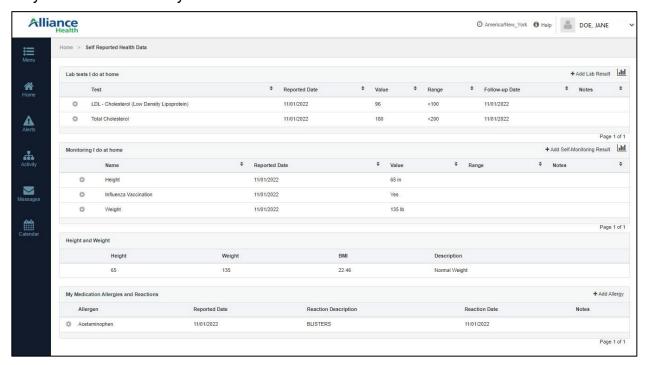


Self Reported Health Data

On the **Self Reported Health Data** page, you can view and add lab tests, medical information, and medication allergies. To get to this page, select **Self Reported Health Data** from the Menu, or click the **Self Reported Health Data** quick link on the home page.



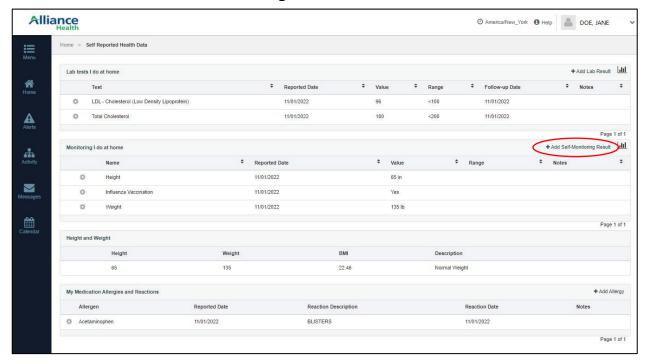
Any health information you have added will be listed.



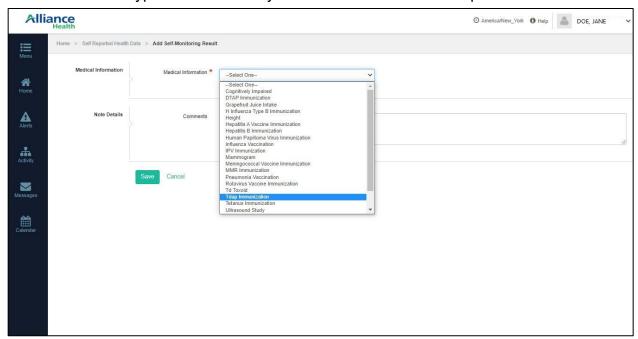
Monitoring I do at home

To add information about any tests or health checks you do at home:

1. Click the +Add Self-Monitoring Result button.

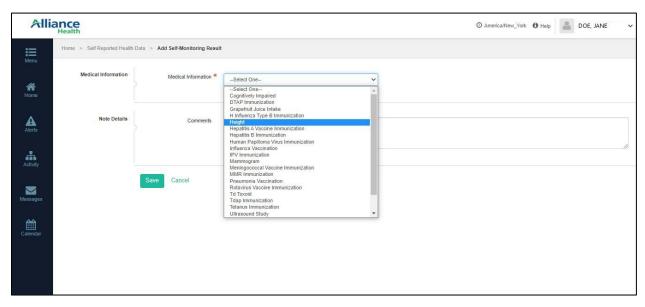


2. Select the type of information you want to add from the drop-down menu.

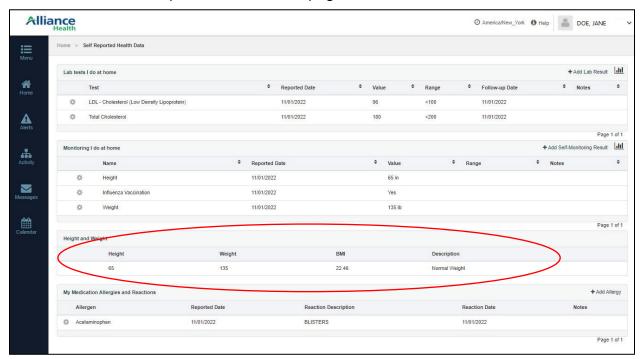


- 3. Enter any values needed for the type of information you select.
- 4. Add any comments you want to add.
- 5. Click the **Save** button.

You can also add your height and weight into the self-monitoring options.



If you add your height and weight, your height, weight, and body mass index (BMI) will be listed in the Self Reported Health Data page.

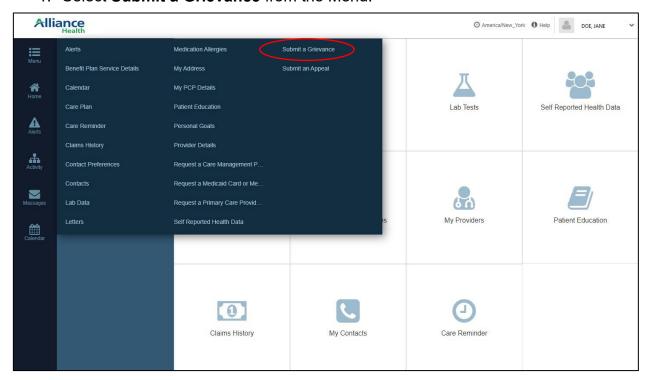


Submit a Grievance

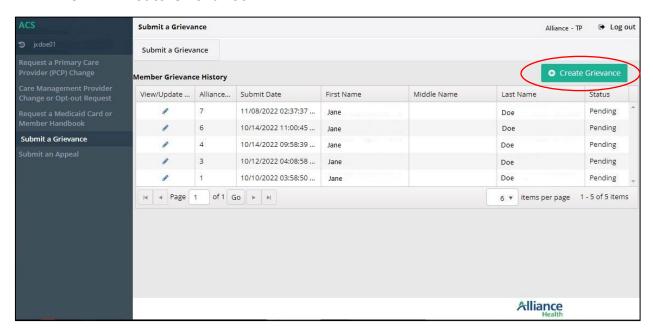
You can submit a grievance (complaint) or view past grievances through the Member Portal.

To submit a grievance:

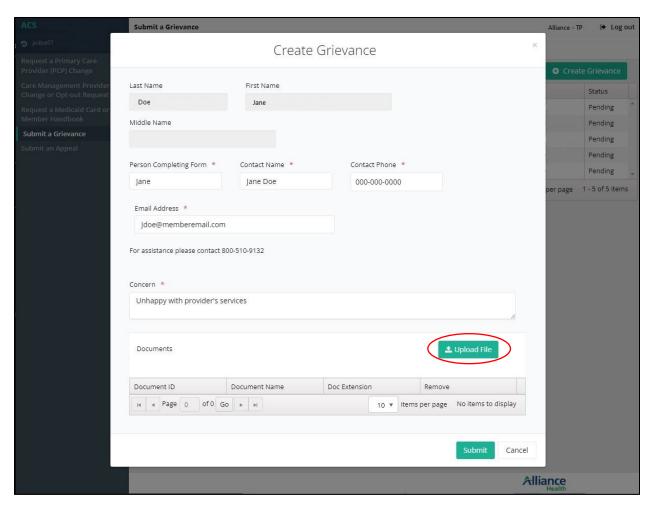
1. Select Submit a Grievance from the Menu.



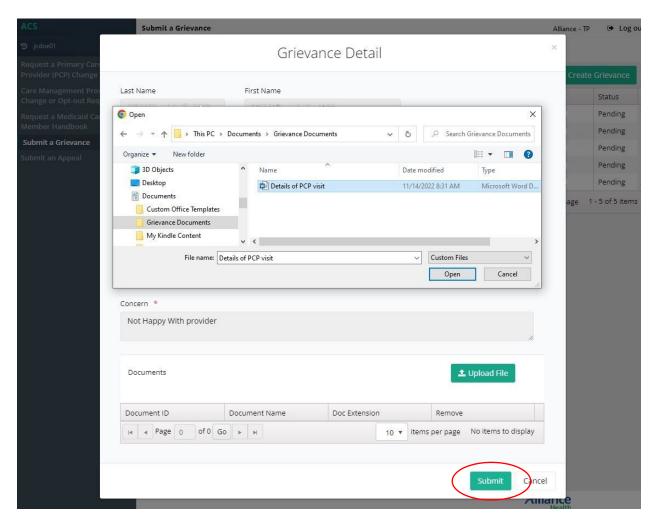
Click +Create Grievance.



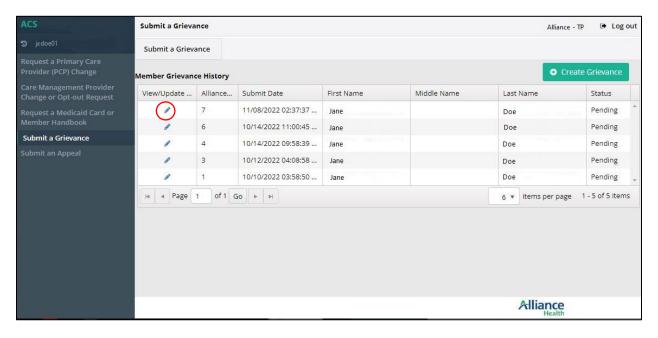
- 3. Enter details about the grievance. The fields marked with a star are required.
- 4. If needed, add a document to support your grievance by selecting the **Upload File** button:



- 5. If you choose to upload a document, a new window will open. Select the file from your computer that you would like to include.
- 6. When you have completed entering the information and uploading any documents you would like to include, click the **Submit** button.

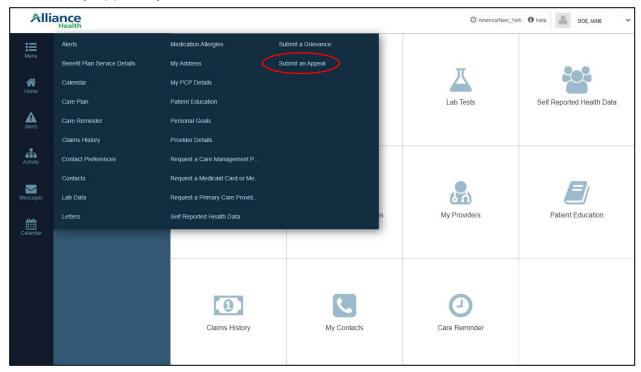


After you have submitted a grievance, you can view the grievance by selecting the pencil next to the grievance in the **Member Grievance History** list. **You will not be able to edit a submitted grievance**, but you are able to upload more documents.



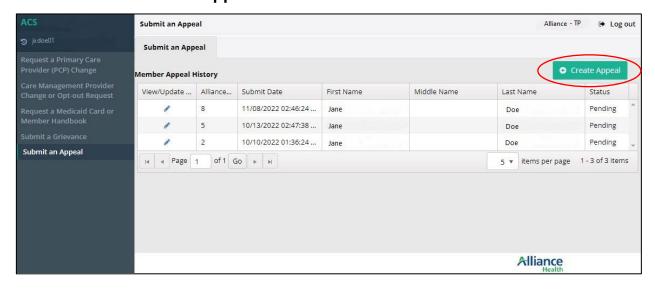
Submit an Appeal

If you would like a decision about your benefits to be reconsidered, you can submit an appeal by clicking the **Submit an Appeal** link in the Menu. A new window will open with a list of any appeals you have filed.

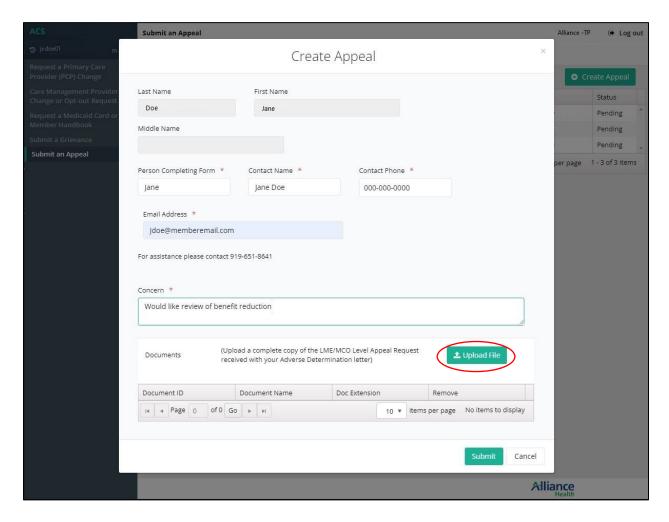


To submit an appeal:

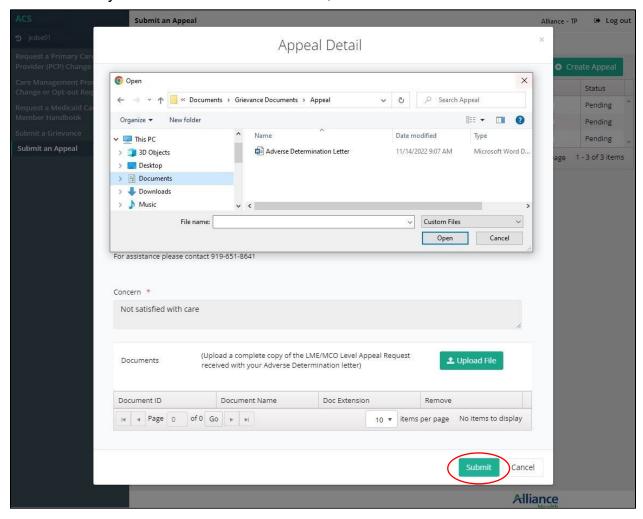
1. Click the +Create Appeal button.



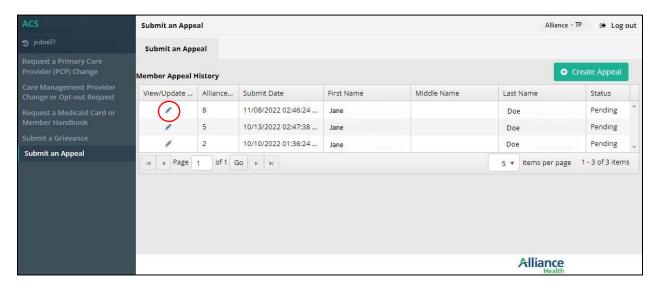
- 2. Enter the details of your appeal. The fields marked with a star are required.
- 3. You can submit documents with your appeal by clicking the **Upload File** button.



- 4. A new window will open for you to select the document from your computer.
- 5. When you are finished with the form, click the **Submit** button.



To view the details of your appeal, click the pencil next to the appeal in the Member Appeal History list. **You will not be able to edit the appeal once it has been submitted**, but you can upload more documents if needed.

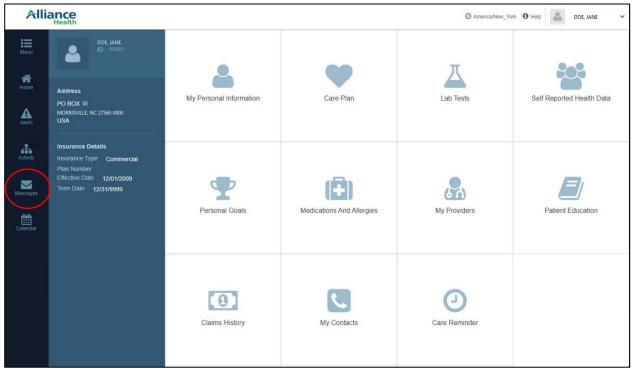


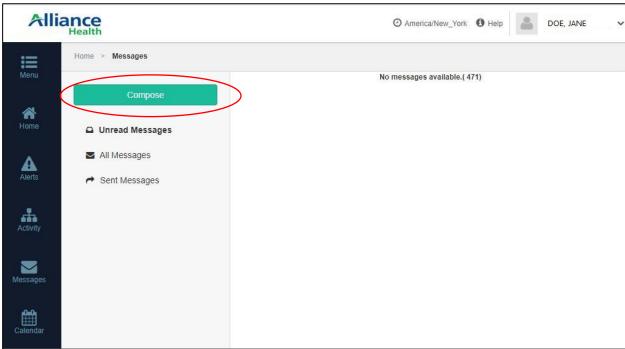
Messages

You can send messages to your Care Manager through your Member Portal.

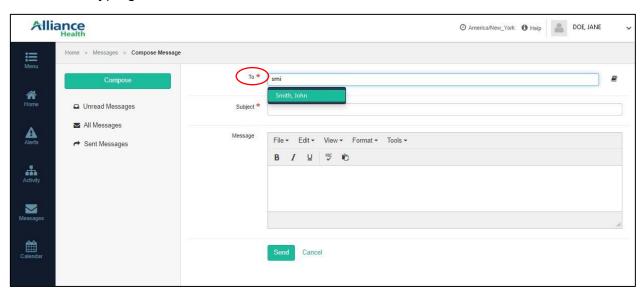
To send a message.

- 1. Click **Messages** from the left panel of the Member Portal.
- 2. Click the **Compose** button.

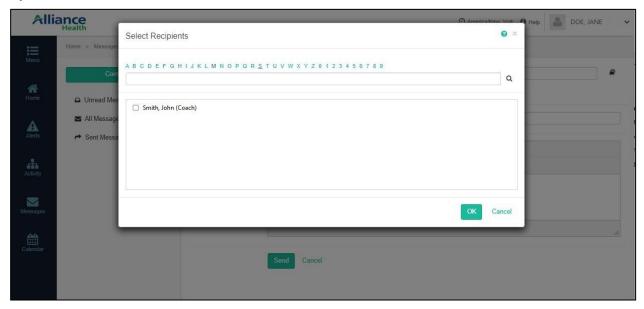




3. Type your Care Manager's name in the **To** line. Their name will pop up once you start typing.



You can also click on the address book icon and search for your Care Manager by their last name.



- 1. Add a subject for your message.
- 2. Type your note in the Message box.
- 3. Click the **Send** button.