



## My Benefits *through BRMS*

Welcome to Benefit & Risk Management Services (BRMS). We are a Third-Party Administrator (TPA) who your employer has selected to assist in managing your benefits plan. We provide comprehensive claims administration and customer support for your Medical plan.

With over 30 years of industry experience, BRMS is committed to providing our members superior service and support. Building trusted and valued relationships is our top priority, and we look forward to helping you navigate your benefits and become a wise healthcare consumer.

### When you need help, Contact BRMS

BRMS can assist you by answering questions pertaining to some of your benefits, including:

- How to find a provider
- ID Cards
- Claim status
- Plan Documents such as SBCs, SPDs, etc
- And much more

### Who can I contact regarding my claim status and information?

You can access your claims information by visiting [www.myhealthbenefits.com](http://www.myhealthbenefits.com).

- First time users will be directed through a simple registration process.
- Keep your User ID and password for future use.
- Call BRMS customer support if you need assistance in completing your registration.

### Who can my doctor/providers contact for information about my plan or to check my eligibility?

Your doctor/providers can contact BRMS for any benefit and plan-related questions through one of two methods:

- Visit [brmsprovidergateway.com](http://brmsprovidergateway.com)
- Contact Provider Services through the Number listed on your ID card



#### How do I contact BRMS

888-245-5067

#### What are BRMS' hours

7:00 am–6:00 p.m. PST

#### How do I find a pharmacy

Visit [www.truescripts.com](http://www.truescripts.com)  
or call BRMS

#### Who do I call with pharmacy questions

855-326-2159

#### Where do I go to access my claims, EOBs, and ID cards?

Visit [www.myhealthbenefits.com](http://www.myhealthbenefits.com)

