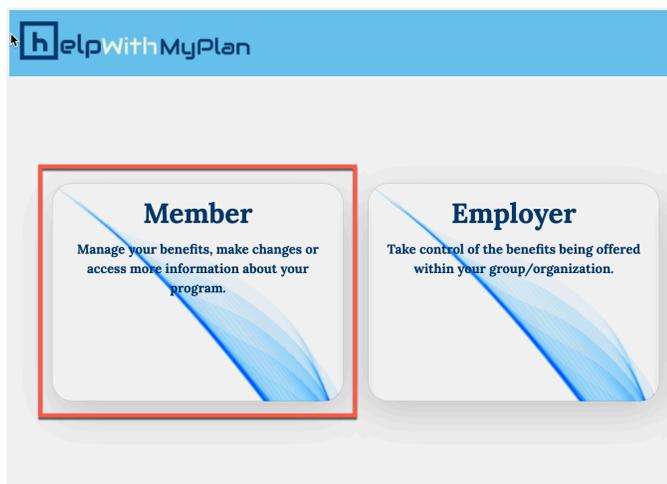
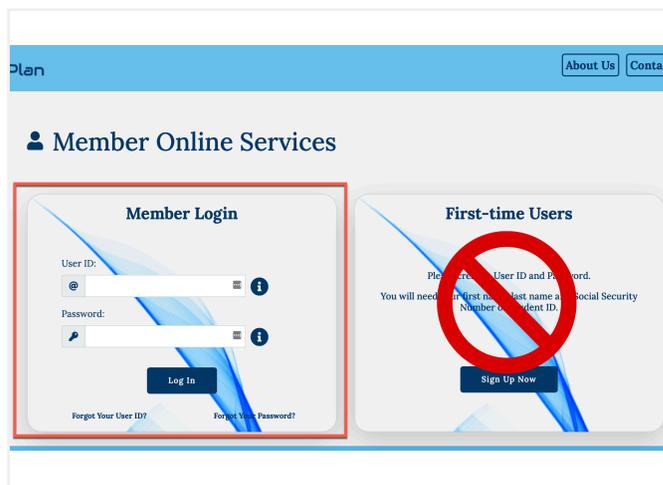


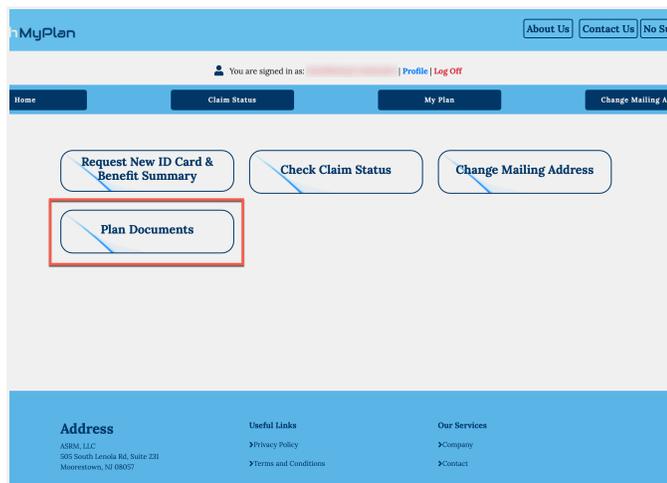
ID card User Guide



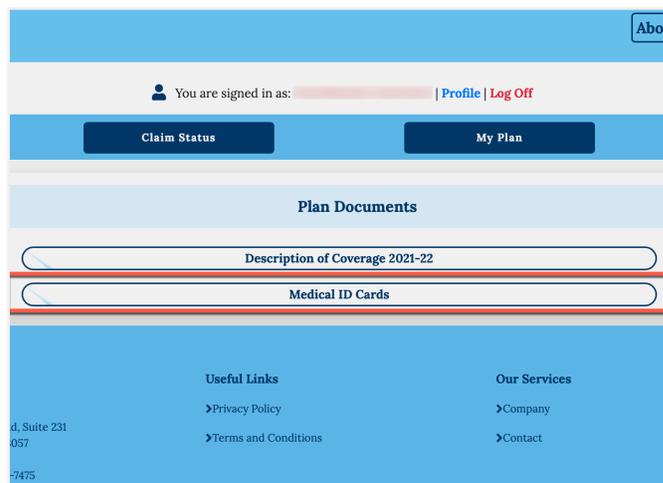
1. Go to www.helpwithmyplan.com
2. Click on the "Member Tile"



3. Only use "Member Login"
 4. Enter school email address
 5. Use the temporary password from the email sent to you by "ASRM"
- OR use "Forgot Your Password"



6. Click on the "Plan Documents" tile



7. Click on "Medical ID Cards"