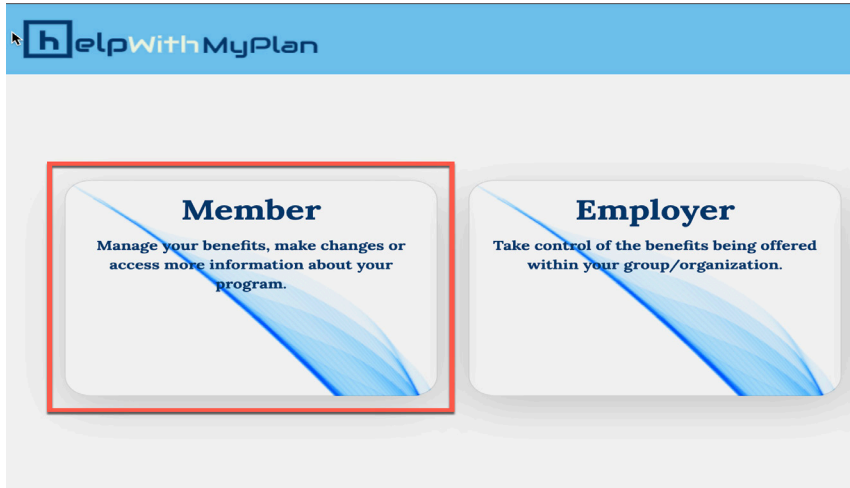
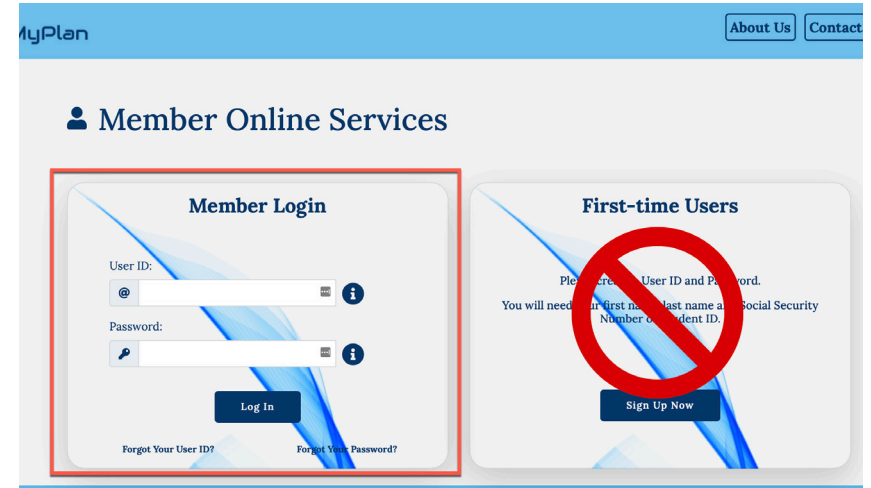


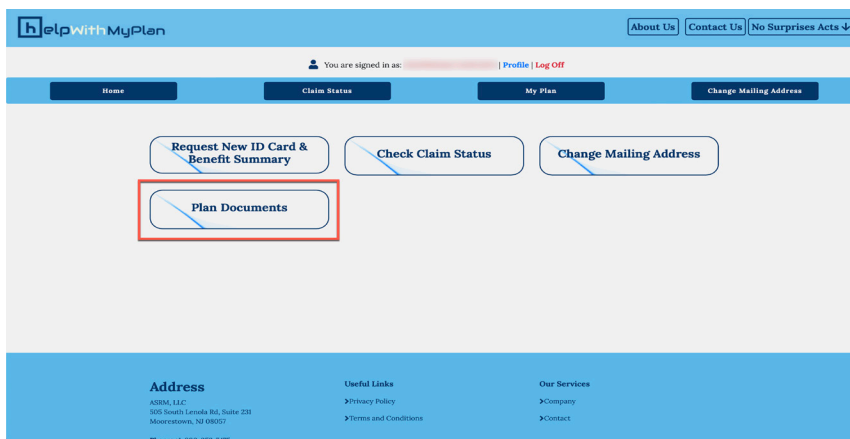
ASRM ID Card User Guide



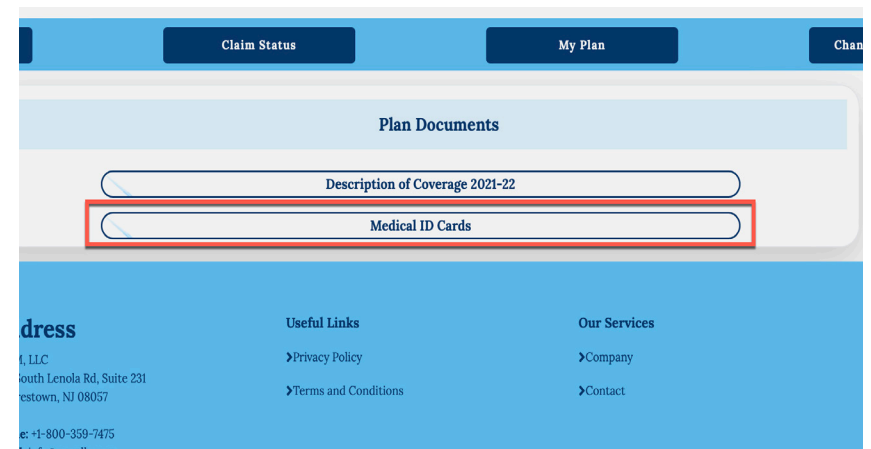
1 Go to www.helpwithmyplan.com and click on the "Member Tile"



2 Only use "Member Login". Enter school email address and use the temporary password from the email sent to you by "ASRM" OR use "Forgot Your Password"



3 Click on the "Plan Documents" tile



4 Click on "Medical ID Cards"