



NOT SURE WHERE TO START?

TRY OUR 30-DAY GUIDE

Week 1: Get Set Up

- ☐ Log in to your WOOP Care member portal
- ☐ Check out what services are covered (spoiler: lots of things start at \$0)
- ☐ Download Spruce
- ☐ Complete your Health Intake Form

Week 2: Start Strong

- ☐ Share any past health records (this helps us help you)
- ☐ Upload or send over any current prescriptions
- ☐ Schedule your welcome visit or first primary care appointment
- ☐ Let us know if you have specialists you regularly see
- ☐ Ask your care team any questions you have (We're here for it)

Weeks 3-4: Take Action

- ☐ Book your labs
- ☐ Refill any prescriptions you're due for
- ☐ Send a quick check-in to your care team on Spruce if you need anything
- ☐ Celebrate knowing you've got your health handled



FIRST
PRIMARY
CARE



WOOP Care

Hey there!

We know starting a new health plan can feel a little overwhelming, especially when it works differently than what you're used to. This checklist isn't homework, it's a helpful place to start if you're wondering how to take advantage of your new WOOP Care benefits. Think of it as a nudge toward feeling good and getting the most out of what's included.



NEED HELP?

We're just a message away. Whether it's a question about coverage or how to schedule something, reach out anytime—we're here to make care feel easy.