Optum

One Healthcare ID Recovery and Password Reset

Go to
optumsandiego.com

Click on **Login**

One Healthcare ID Recovery

Enter your Email address

You have the Option to Retrieve One Healthcare ID Via Other Information

Retrieve One Healthcare ID: Verify your Identity

You will receive an email with your One Healthcare ID

Password Reset

Enter your One Healthcare ID or Email Address

Click on Try Another Sign In Options

Click on Forgot Password

Reset Password: Verify your Identity

Reset Password