



GetWell's  
**gethealth** — **Medical Assistance**  
Convenient Access to medical help

**\$15/mo**

GetHealth helps you guard your most valuable asset, your good health. If you are sick, or just have questions about your health, **you get 24/7 consultations via phone or Web<sup>1</sup> with physicians — who can also prescribe medication. And, the health care advocacy team can identify treatment options** and help you navigate your local health care system. GetHealth provides you **quick access to your medical records** through a convenient and secure online system, allowing faster diagnosis. GetHealth, for convenient access to medical help at a low monthly cost.



Physician  
Consult



Ask-A-Nurse



Health  
Advocacy



Medical  
Documents

**Disclosures:**

**THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.** This plan does not meet the minimum creditable coverage requirements under M.G.L. c. 111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. **THIS IS NOT A MEDICARE PRESCRIPTION DRUG PLAN.\*** The plan provides discounts at certain health care providers for medical services. The range of discounts will vary depending on the type of provider and service. The plan does not make payments directly to the providers of medical services. Plan members are obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount medical plan organization. You may access a list of participating health care providers at [Member.Getwellsurebridge.com](http://Member.Getwellsurebridge.com). Upon request the plan will make available a written list of participating health care providers. You have the right to cancel within the first 30 days after receipt of membership materials and receive a full refund, less a nominal processing fee (nominal fee for MD residents is \$5). Discount Medical Plan Organization and administrator: **Careington International Corporation**, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380.

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## Access to:



## Physician Consult – Quickly connect for a consultation

Sometimes your doctor is unavailable when you need care now – appointments can be difficult to schedule (especially on short notice), illnesses occur outside of office hours, and travel and waiting can make it very time-consuming. That's one reason why GetHealth is so valuable. Members and their families have unlimited access to U.S. board-certified and state-licensed physicians 24/7/365, via phone or online video consultations<sup>1,2</sup> through Teladoc.

Sometimes you have a question that doesn't require a face-to-face consultation. Now, with GetHealth, you and your family have convenient access to quality care from home or work with doctors that can resolve many of your medical issues and offer convenient solutions.

Regardless of time or location, members can connect with physicians who use electronic health records, telephone consultations and online video consultations to diagnose conditions, recommend treatment and write prescriptions when medically appropriate. This telemedicine service is an easily accessible complement to your primary care physician. With GetHealth you get the following:

- **Information Consultation:** If you have a medical question that only a doctor can answer, physicians are available for unlimited general advice and recommendations regarding a range of routine medical conditions.
- **Diagnostic Consultations:** When you need more than basic medical advice, licensed physicians in your state are available for unlimited diagnostic medical consultations, which provide advice, recommendations and treatment plans, including prescription medication when necessary.
- **Electronic Medical Records:** A personal health profile that stores your medical history, consultations, doctor's notes and follow-up discussions. The information submitted is secure, confidential and available at any time. This record can also be shared with your primary care physician for continued care<sup>3</sup>.
- **E-Consultation:** If you have a medical question that only a doctor can answer or need advice, physicians are available for unlimited email medical consultations regarding a range of routine medical conditions.

### You can call when:

- Your child has a stuffy nose and a cough. Is it a cold or allergies?
- After working all day, your back is sore. Should you apply ice or heat?
- Your spouse has recurring acid indigestion. Is it something to worry about?
- You have a question or need a refill of your regular medication (diabetes, blood pressure, etc.).
- Your child wakes in the night with high fever. Should you go to the emergency room?

*Terms and Conditions: Teladoc does not replace the primary care physician. Teladoc does not guarantee that a prescription will be written. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services.*

<sup>1</sup> Teladoc phone consultations are available 24 hours, 7 days a week, while video consultations are available during the hours of 7 a.m. to 9 p.m., 7 days a week.

A Medical History Disclosure (MHD) is necessary prior to requesting a consult. You can complete your disclosure either online or by calling customer service. If taken over the phone, a \$12 charge will be assessed.

<sup>2</sup> Consultations are not available in Oklahoma or Massachusetts. Video Consultations are not available in Idaho, Iowa, Louisiana, Oklahoma, Massachusetts or Texas.

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<sup>3</sup> Members should retain copies of their medical records and other important documents.

## Access to:



## Nurse Line for medical guidance when you need it

With GetHealth you also receive access to experienced, compassionate nurses who are available anytime to answer questions, assess symptoms, and provide care recommendations. The Nurse Line is staffed by highly skilled, registered nurses and is provided through Carenet.

Available 24/7, the Nurse Line advice team assists GetHealth members with their health concerns. These nurses can provide answers and advice about many health issues — reducing stress and worry. In addition, nurse triage is also part of the service as the nurses can promptly direct members to the most appropriate level of care including at-home treatment options, being seen at a nearby care facility, or suggesting a visit to their primary care physician.



### Nurse Line services include:

- Symptom assessment and phone triage
- Urgent and non-urgent care advice
- Drug and medication information
- Recommendations or condition explanations

### GetHealth members also have access to a pre-recorded health information library consisting of more than 1,100 various topics including\*:

Aging	Health Quizzes	Alcohol Problems
Hearing	Allergies	HIV/AIDS
Arthritis	Hormonal Disorders	Back & Neck Problems
Infectious Disease	Blood & Circulatory Problems	Medication
Bones, Joints & Muscles	Men's Health	Brain & Nervous System
Mental & Emotional Health	Cancer	Neurology
Cardiovascular Health	Newborn Care	Child Health Development
Nutrition	Common Illnesses	Parenting & Family Life
Cosmetic Surgery	Reconstructive Surgery	Personal Safety
Dental Health	Pregnancy & Childbirth	Diabetes

\* There are more than 600 audio health library topics available in Spanish.

Caretel provides deaf and foreign language services through the use of TDD and a language line service. This service can be accessed by members 24/7 including holidays.

## Access to:



## Health Advocacy – Save time, money, and worry

GetHealth offers a range of comprehensive services to help our members with clinical and administrative issues involving their medical, hospital, dental, pharmacy and other health care needs. These health advocacy services are provided through the nation's leading health advocacy company, Health Advocate. Through these services our members and their families can receive expert help to assist them when navigating the health care and health insurance systems.

The health advocacy service is easy to use. When calling the toll-free number the member will be assigned a Personal Health Advocate (PHA). The PHA is typically a registered nurse, supported by a team of medical directors and administrative experts, who will assist the member until the issue is resolved. The team of health care professionals is specially trained to handle each case with the utmost confidentiality and to follow careful protocols that comply with all governmental privacy standards so that our members' medical and personal information is fully protected.



### Health advocacy helps:

- Find the best doctors, hospitals, dentists, and other leading health care providers anywhere in the country.
- Schedule appointments with providers including hard-to-reach specialists and critical care providers and arrange for specialized treatments and tests.
- Resolve insurance claims and assist with negotiating billing and payment arrangements, and related administrative issues.
- Assist with eldercare and related health care issues facing parents and parents-in-law.
- Obtain unbiased health information to help the member make an informed decision.
- Work with insurance companies to obtain appropriate approvals for needed services to foster communications between physicians and insurance companies.
- Answer questions about test results, treatments, and medications recommended or prescribed by the member's physician.
- Assist in the transfer of medical records, X-rays and lab results.
- Locate and research the newest treatments for a medical condition.
- Assist with finding qualified wellness programs, providers and services.

*Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment. Please note that this service is unlimited and there is no charge when a member calls for assistance.*

*This product is not available in MA.*

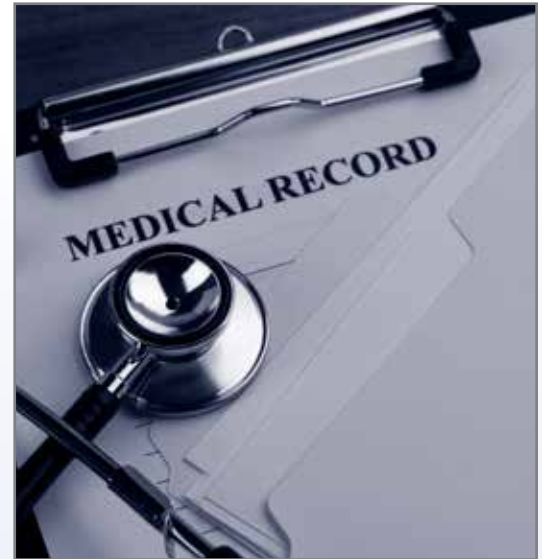
## Access to:



## Take charge of your medical records

You can't afford to lose your important documents in the event of a fire, flood or other disaster. GetHealth provides a simple, convenient way to securely store your personal documents through MyMedicalRecords (MMR). Protect your medical and personal health records while also making them easily accessible online.\* You can also store pictures of personal property and copies of your passport and driver's license.

GetHealth's Web-based service provides convenient access to your records, so you can view your documents anywhere in the world. Protected by a password you create, you can even assign a second password for certain documents to ensure privacy.



- Web-based service allows doctors and other health providers to easily fax documents into your account using a personal, private fax number assigned to you when you enroll.
- Enables members to transmit documents and voicemail messages in and out of the MMR system using a variety of methods including fax, email, and telephone.
- Members and medical providers can fax paper records such as laboratory tests, radiology reports, and physician's notes into a secured personal account.
- Scan images such as PDF files or photographs into your account, directly from your computer desktop.
- You can manage your documents by storing them in one of 16 file folders so it's easy to find the information you need.
- Convenient online access to your medical history reduces the number of forms you will complete at the doctor's office.
- Drug Reference Tool alerts you to any possible interactions between prescription drugs and medications you are taking.
- Physician Emergency Log-In allows doctors to access critical information in the event of a medical emergency.
- The comfort of knowing your information is stored with state-of-the-art security and encryption technology.

*\* Members should retain copies of their medical records and other important documents.*



GetWell's  
**gethealth** – Medical Assistance  
Convenient Access to medical help

# Get Healthy. Stay Healthy.

In addition to GetHealth – Medical Assistance, GetWell offers a whole suite of wellness products.



GetWell's  
**getmore**  
Discount Services



GetWell's  
**getliving**  
Wellness Services



GetWell's  
**getsure**  
Life Line Screening

GetWell's **GetMore** health-related services bridge the gap between your health plan and your budget with significant discounts on dental, vision and prescription services.



Dental



Vision



Pharmacy



Alternative Health & Wellness

GetWell's **GetLiving** provides an all-inclusive approach to achieving your family's best health with discounts on health coaching, fitness programs, immunizations — and more!



Fitness Programs



Diet and Nutrition Planning



Preventive Health Program



Vitamins & Supplements



Immunizations

GetWell's **GetSure** offers an affordable, one-time Life Line Screening that actually looks for undetected health conditions — allowing you to be confident about your health.



Possibility of Stroke



Abdominal Aortic Aneurysm



Atrial Fibrillation



Peripheral Arterial Disease (PAD)

Visit [getwellsurebridge.com](http://getwellsurebridge.com) to learn more.



GetWell's  
**getliving** – Wellness Services

A comprehensive way to help you take charge of your health

**\$19/mo**

In today's fast-paced society staying healthy is challenging. That's why so many families who are devoted to staying fit find programs that help them maintain optimal health. GetLiving takes an all-inclusive approach to wellness by providing **discounts on health coaching, fitness programs, diet and nutrition planning, vitamins/supplements and even immunizations**. Its numerous benefits will help you take control of your family's health — and save you money. If you are serious about being healthy, GetLiving is for you.



Fitness Programs



Diet and Nutrition Planning



Preventive Health Program



Vitamins & Supplements



Immunizations

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## Discounts on: **Fitness, Alternative Medicine and Chiropractic Services**



GetLiving members are also part of the ChooseHealthy® membership program — which provides access to a wide variety of specialty health care programs. As a GetLiving member you can:

- Utilize a network of more than 29,000 credentialed specialty health care practitioners nationwide that includes more than 21,000 chiropractors.
- Receive a 25% discount off normal service fees for this specialty health care network — including service from chiropractors, massage therapists, acupuncturists and registered dietitians.
- Get a minimum 10% discount off initiation fees and/or monthly dues at 12,000 fitness clubs and exercise centers nationwide (may apply to new fitness facility members only). Additionally, members may try a participating facility for a free one-week trial membership or one free introductory session prior to joining.
- Receive discounts on a wide variety of health and wellness products including vitamins, minerals, supplements, skin care items, homeopathic remedies, health-related books and DVDs, fitness products and sports nutrition items, with free shipping on most orders.



*Please note that this is an affinity discount program; it is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The discount program provides for discount specialty health care services from participating practitioners. You are obligated to pay for all health care services but will receive a discount from those health care practitioners who have contracted with the discount program. The discount program does not make payments directly to the participating practitioners in the discount program. The discount program has no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered.*

*ChooseHealthy is a federally registered trademark of American Specialty Health Incorporated and used with permission herein.*



## Discounts on:

## Diet and Nutrition Planning – Healthy, balanced meals for your family



You can save time and money by cooking at home while providing your family with fully-balanced, healthy meals as GetLiving makes eating at home both easy and healthy. Through our association with MealEasy we provide our members with more than 2,000 chef-designed meals to choose from and offer many customizable features.

Choose recipes from a variety of different meal plans such as balanced, heart-healthy, diabetic, vegetarian and gluten free. When you click on a recipe you can also see the cooking instructions and the preparation time, plus you get the nutritional facts of the meal and even an item-by-item shopping list. GetLiving provides you with a “one-click meal planning system” that makes it easy to plan meals and even plan a menu for the entire week.



GetLiving members have access to the MealEasy website, where there is a live chat feature, email address and phone number to call. In addition, access is also available to MealEasy through Facebook and Twitter — and MealEasy can even be accessed using your smart phone. Stay motivated by making healthy-eating easy, convenient and effective:

- Choose from more than 2,000 chef-designed meals
- Meal plans that are easy to stick to
- Customized calorie ranges aid weight loss and weight control
- Pick healthy meals based on cost
- Hundreds of freezer-friendly recipes
- Easily exclude unwanted ingredients
- Save time and money by making meals at home
- Step-by-step cooking instructions and telephone support

## Discounts on: **Your source for preventive health programs**



With our single source preventive solution, GetLiving helps optimize our member's health through reduced health risks and disease intervention, and by establishing specific goals and objectives pertaining to their wellness. Through a complete online preventive suite, provided by Trotter Wellness®, GetLiving provides health risk assessments, program interventions, health information and decision support tools\*. Our member services include:

- **Health Risk Assessment:** Online access to the NCQA Certified Advantage Health Risk Assessment (HRA). The HRA provides a comprehensive health assessment to address major lifestyle factors and improve overall quality of life.
- **Personal Wellness Profile:** A detailed report that informs a member of their health assessment survey results. The report is easy for participants to read and understand.
- **Healthy Living Guidelines Streaming Videos:** Videos that guide members through their personal wellness report and help them overcome risks and achieve optimal health.
- **WellNotes Monthly Newsletter:** A monthly electronic newsletter with current health headlines, tips and recommendations for living a healthy lifestyle.
- **Online Wellness Center:** A comprehensive online resource that contains health articles, calculators, quizzes and current information on a variety of health topics.
- **Health Activity Tracker:** Online tool that tracks health and lifestyle changes.
- **Lifestyle Change Modules:** The Living Life Series empowers members to achieve wellness goals with evidence-based, cognitive behavioral trainings that can change the way they think about themselves and their lifestyles.
- **Optimal Health Coaching:** Members who complete the HRA will have access to a professional health coach. Appointments can be scheduled online through the member portal. Professional health coaches review HRA results and help members set individual plans and goals. Members have access to Health Coaching all year long.

### **About Optimal Health Coaching**

Telephonic Health Coaches are health professionals with various backgrounds and degrees, including registered nurses, certified fitness trainers, registered dietitians, smoking cessation facilitators and certified health education specialists.

A personal health coach creates a health action plan that identifies member's strengths and helps to achieve optimal health. Frequency and length of sessions are based on the member's risk level and readiness to improve.

*\* Trotter Wellness® ensures the confidentiality of all participants' personal information.*

## Discounts on:

## Vitamins and Nutritional Supplements



GetLiving members receive a 10% discount on all Swanson Health Products. Swanson Health Products is the leader in affordable vitamins and offers GetLiving members discounts on products related to:

- Blood pressure
- Blood sugar
- Calcium and bone health
- Cardiovascular health
- Children's health
- Cholesterol
- Digestive health and fiber
- Fitness and energy
- Herbs
- Homeopathic remedies
- Immune support
- Joint health
- Memory and brain support
- Mood and emotional health
- Stress relief and sleep

### GetLiving members also have access to:

- Flat-rate shipping of \$4.99 on any size order shipped within the 48 contiguous states.
- Swanson's 100% Money-Back Guarantee: If a customer is not satisfied with a product for any reason, the total cost of the product is refunded when returned within one year from the purchase date, including return shipping and handling on domestic orders.
- Outstanding customer service is available 24 hours a day, 7 days a week. Phone, email and live chat representatives have been trained to efficiently handle members' concerns with a high degree of product expertise and professionalism.
- In-depth articles, expert information, supplement facts, email newsletters and many other leading tools both in Swanson's catalog and on the website.



### Key Features:

- Deal of the Day: Different products are listed on the website each day at specially marked-down prices.
- Health Library: Contains an abundance of useful information, such as a radio talk show with a doctor, full-length articles written by acclaimed doctors and natural health practitioners, videos that offer answers, healthy recipes and much more.

## Discounts on: A Wide Range of Immunizations



Participating Walgreens pharmacies nationwide offer GetLiving members a wide range of vaccinations at discounted prices. With more than 25 vaccinations available at reduced rates — including vaccines for the flu, Hepatitis, HPV, Meningitis and many others — these are the prices GetLiving members pay at their local Walgreens pharmacy:

### INFLUENZA AND PNEUMONIA

Vaccine Type	Brand	Rates
Injectable Influenza	Trivalent Inactivated Influenza vaccine Multi-dose Vial and Preservative-Free	\$25.99
Pneumococcal	Pneumovax® 23	\$73.50

### OTHER IMMUNIZATIONS

Vaccine Type	Brand	Rates
Hepatitis A Adolescent	VAQTA® Adolescent	\$57.00
	HAVRIX® Adolescent	\$57.00
Hepatitis A Adult	HAVRIX® Adult	\$105.25
Hepatitis A and B	TWINRIX®	\$139.25
Hepatitis B Adult	ENGERIX B® Adult	\$96.50
Hepatitis B Adolescent	RECOMBIVAX HB® Adolescent	\$50.25
	ENGERIX B® Adolescent	\$50.25
Human Papillomavirus – HCV4	GARDASIL®	\$177.50
Human Papillomavirus – HCV2	Cervarix®	\$177.25
Meningococcal MCV4	Menactra®	\$129.00
	Menveo®	\$129.00
Meningococcal MPSV4	Menomune	\$128.00
MMR	M-M-RII®	\$96.50
Td	TETANUS AND DIPHTHERIA TOXOIDS ADSORBED	\$51.00
	DECAVAC®	\$51.00
Tdap	BOOSTRIX®	\$57.50
Varicella	VARIVAX®	\$140.25
Herpes Zoster	Zostavax®	\$199.50
Rabies	Imovax	\$294.25
	RabAvert	\$267.50
Live Typhoid Oral Vaccine	Vivotif Berna/Ty21a	\$66.50
Inactivated Typhoid	Typhim Vi	\$87.00
Inactivated Polio	IPOL	\$56.50
Yellow Fever	YF-VAX	\$121.25
Japanese Encephalitis	JE-VAX	\$153.50
	Ixiaro	\$239.00

Immunizations are subject to availability. State, age and health condition-related restrictions may apply. This is a discount plan. It is not insurance.



GetWell's  
**getliving** – Wellness Services

A comprehensive way to help you take charge of your health

# Get Healthy. Stay Healthy.

In addition to GetLiving – Wellness Services, GetWell offers a whole suite of wellness products.



GetWell's  
**getmore**  
Discount Services



GetWell's  
**gethealth**  
Medical Assistance



GetWell's  
**getsure**  
Life Line Screening

GetWell's **GetMore** health-related services bridge the gap between your health plan and your budget with significant discounts on dental, vision and prescription services.



Dental



Vision



Pharmacy



Alternative Health & Wellness

GetWell's **GetHealth** is convenient medical help — including secure online access to your records and 24/7 phone or Web access to physicians who can prescribe medication.



Physician Consult



Ask-A-Nurse



Health Advocacy



Medical Documents

GetWell's **GetSure** offers an affordable, one-time Life Line Screening that actually looks for undetected health conditions — allowing you to be confident about your health.



Possibility of Stroke



Abdominal Aortic Aneurysm



Atrial Fibrillation



Peripheral Arterial Disease (PAD)

Visit [getwellsurebridge.com](http://getwellsurebridge.com) to learn more.



GetWell's  
**getmore** — Discount Services

Bridge the gap between your health plan and your wallet

**\$8/mo**

GetWell's **GetMore** helps you fight the rising cost of health care by helping you receive quality health-related services at an affordable price. With valuable discounts on dental, vision, prescriptions and even alternative health and wellness programs, GetMore helps you save on services provided through a national network of providers. With significant discounts on dental exams, major dental work, eye exams, eyewear, LASIK surgery and more, GetMore is available to you for a low monthly fee.



Dental



Vision



Pharmacy



Alternative  
Health &  
Wellness

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## Discounts on: **Dental — Impressive savings on dental services**



As a GetMore member you can take advantage of savings offered by two industry leaders in dental care. Careington International Corporation and Aetna are two of the most recognized professional dental networks in the nation boasting a combined provider network of more than 160,000 dental access points.



- Save 5% to 60% on most dental procedures including routine oral exams, unlimited cleanings, major work such as dentures, root canals, crowns and orthodontics including braces and retainers for children and adults.
- Specialties include Endodontics, Oral Surgery, Orthodontics, Pediatric Dentistry, Periodontics and Prosthodontics where available.
- All dentists must meet highly selective credentialing standards based on education, background, license standing and other requirements.
- Members may visit any participating dentist and change providers at any time.

### Sample Savings Chart

Description	Regular Cost*	Plan Cost**	Savings
Adult Cleaning	\$109	\$52	52%
Child Cleaning	\$75	\$38	49%
Routine Checkup	\$62	\$27	56%
Four Bitewing X-rays	\$71	\$33	54%
Composite (white) Filling	\$260	\$82	68%
Crown (porcelain fused to noble metal)	\$1,172	\$636	46%
Complete Upper Denture	\$1,718	\$838	51%
Molar Root Canal	\$1,257	\$630	50%
Extraction (single tooth)	\$204	\$89	56%

\* Regular cost is based on the average of the 80th percentile usual and customary rates as detailed in the Ingenix Report for 2010 in Los Angeles, Orlando, Chicago and New York City.

\*\* These fees represent the average MAX4 network fees in Los Angeles, Orlando, Chicago and New York City. Actual discounts will vary based on the geographic location of the dental provider and the services provided. Prices subject to change.

Careington provides access to Aetna Dental Access® Network. This network is administered by Aetna Life Insurance Company (ALIC). Neither ALIC nor any of its affiliates offers or administers the Careington membership. Neither ALIC nor any of its affiliates is an affiliate, agent, representative or employee of Careington International Corporation. Dental providers are independent contractors and not employees or agents of ALIC or its affiliates. ALIC does not provide dental care or treatment and is not responsible for outcome.

Careington International Corporation, 7400 Gaylord Parkway, Frisco, TX 75034; 1-800-290-0523.

This is NOT insurance. Participants must pay dental providers directly.

## Discounts on: **Vision — Substantial value on a wide range of vision services**



Keep your eyes healthy using GetMore's valuable discounts on vision services. Offered through leading eye care providers, these services include discounts for prescription glasses, contacts, sunglasses and Laser Vision correction. Our members save money and have access to the right doctor near their home or work.

### VSP Choice Access

VSP is the nation's largest eye care provider with more than 44,000 participating points of care. GetMore members can save 15% to 35% off eye exams and eyeglasses by using the VSP Choice Access<sup>®</sup> Plan. Plus, participating providers can detect signs of serious health conditions like glaucoma, diabetic eye disease, etc.

### Typical Sample Savings\*

Benefit	Average Cost Without Plan	Average Cost With Plan	Member Typical Savings
Eye Exam	\$134	\$80	\$54
Frame	\$200	\$150	\$50
Single Vision Lenses	\$83	\$45	\$38
Transition <sup>®</sup> Lenses	\$96	\$77	\$19
Anti-Reflective Coating	\$76	\$45	\$31

*\* These costs and savings are based on regional fee schedule averages. Please visit [vspchoiceaccess.com](http://vspchoiceaccess.com) or call (800) 290-0523 for the actual savings in your area.*

*This plan is not insurance. Product not available in MT, VT and WA.*

### EyeMed

GetMore members save 20% to 40% off the retail price of eyewear with the EyeMed Vision Care Access Plan D discount program through the Access network. Members are eligible for discounts on exams, eyeglasses and contact lenses from more than 62,000 providers nationwide including independent optometrists, ophthalmologists, opticians, and leading optical retailers such as LensCrafters<sup>®</sup>, Sears Optical<sup>®</sup>, Target Optical<sup>®</sup>, JCPenney<sup>®</sup> Optical, and most Pearle Vision<sup>®</sup> locations.



Members may order replacement contact lenses via the Internet and have them mailed directly to the member's home. This service is for replacement contact lenses only, and the EyeMed discount does not apply. The member's initial pair of contact lenses must still be purchased from their eye care provider to ensure proper fit and follow-up care.



## (Vision — continued)

### QualSight (LASIK)

GetMore offers a preferred pricing plan for LASIK eye surgery through QualSight, a network of more than 700 locations nationwide. The arrangement with QualSight means you can have LASIK vision correction surgery at a significantly reduced rate, with savings of 40% to 50% off the overall national average cost for Traditional LASIK surgery!

LASIK can provide freedom for the majority of individuals who wear glasses or contact lenses. In America, more than 16 million LASIK procedures have been performed to correct nearsightedness, farsightedness, and astigmatism.

The cost of Traditional LASIK is \$935 per eye and for Custom LASIK is \$1,360 per eye, which is the total cost with no hidden extra fees. You also receive:

- A FREE consultation to discuss the procedures available and to conduct a preliminary screening to determine if you are a potential candidate.
- Experienced surgeons who have collectively performed more than 4 million laser correction procedures.
- Pre-operative exam and post-operative appointments with your chosen physician.
- Lifetime Assurance Plans available at extra cost.
- Refundable scheduling fee (even if you decide not to have the surgery).
- Physician-recommended procedure using leading-edge, FDA-approved technology.
- Nationwide access to board-certified ophthalmologists using state-of-the-art, DHA-approved LASIK vision-correction technologies.
- Interest-free financing plans up to 12 months or payments as low as \$53 per month available to qualified candidates.

*The QualSight program is not an insured program. GetMore makes the QualSight program available to members to provide access to the QualSight preferred pricing for LASIK surgery.*

## Discounts on: **Prescriptions — Major discounts on prescriptions**



GetMore members are entitled to prescription savings offered by MedImpact. Discounts are available at more than 60,000 participating pharmacies nationwide.

GetMore members simply present their membership card to receive savings from 15% to 60% off generic drugs and from 15% to 25% off brand-name prescriptions. Members can save even more on maintenance medications through mail service from MedVantx. Members receive savings on 90-day supplies of medications when ordered online, by phone or through the mail using the mail-order pharmacy!



## Discounts on: **Alternative Health & wellness**



GetMore members have access to a wide variety of specialty health care services through the ChooseHealthy® program. Members can:

- Utilize a nationwide network of more than 29,000 credentialed complementary health care providers, including more than 21,000 chiropractors.
- Receive a 25% discount off normal service fees for specialty health care including chiropractors, massage therapists, acupuncturists and registered dietitians.
- Access practitioners directly without a physician referral, and members may change practitioners at any time.
- Receive discounts on a variety of health and wellness products including vitamins, minerals, supplements, skin care items, homeopathic remedies, health-related books/DVDs, fitness and sports nutrition — with free shipping on most orders.



*Please note that this is an affinity discount program; it is not insurance. You should check any insurance benefits you have before using this discount program, as those benefits may result in lower costs to you than using this discount program. The discount program provides for discount specialty health care services from participating practitioners. You are obligated to pay for all health care services but will receive a discount from those health care practitioners who have contracted with the discount program. The discount program does not make payments directly to the participating providers in the discount program. The discount program has no liability for providing or guaranteeing service and assumes no liability for the quality of service rendered.*

*ChooseHealthy is a federally registered trademark of American Specialty Health Incorporated and used with permission herein.*

**Want to learn more about how to sign up to receive these discount services?  
Contact your local agent or visit [getwellsurebridge.com](http://getwellsurebridge.com) to learn how.**



GetWell's  
**getmore** — Discount Services

Bridge the gap between your health plan and your wallet

# Get Healthy. Stay Healthy.

In addition to GetMore – Discount Services, GetWell offers a whole suite of wellness products.



GetWell's  
**getliving**  
Wellness Services



GetWell's  
**gethealth**  
Medical Assistance



GetWell's  
**getsure**  
Life Line Screening

GetWell's **GetLiving** provides an all-inclusive approach to achieving your family's best health with discounts on health coaching, fitness programs, immunizations — and more!



Fitness Programs



Diet and Nutrition Planning



Preventive Health Program



Vitamins & Supplements



Immunizations

GetWell's **GetHealth** is convenient medical help — including secure online access to your records and 24/7 phone or Web access to physicians who can prescribe medication.



Physician Consult



Ask-A-Nurse



Health Advocacy



Medical Documents

GetWell's **GetSure** offers an affordable, one-time Life Line Screening that actually looks for undetected health conditions — allowing you to be confident about your health.



Possibility of Stroke



Abdominal Aortic Aneurysm



Atrial Fibrillation



Peripheral Arterial Disease (PAD)

Visit [getwellsurebridge.com](http://getwellsurebridge.com) to learn more.



GetWell's  
**getsure** — Life Line Screening  
Screen for key indicators of a hidden condition

**\$139/** One  
Time  
Fee

GetWell's **GetSure** offers a one-time Life Line ultrasound-screening package for only \$139. **This comprehensive screening gauges key indicators for hidden conditions by identifying plaque buildup that can lead to strokes, aneurysms, and vascular diseases.**

Life Line screenings are fast and painless — and are conducted at local churches and community centers to make them more accessible and affordable. If you are looking for assurance that you really are in good health, then GetSure.



Possibility  
of Stroke



Abdominal  
Aortic  
Aneurysm



Atrial  
Fibrillation



Peripheral  
Arterial  
Disease (PAD)

**Disclosures:**

**THIS PLAN IS NOT INSURANCE and is not intended to replace health insurance.** This plan does not meet the minimum creditable coverage requirements under M.G.L. c. 111M and 956 CMR 5.00. This plan is not a Qualified Health Plan under the Affordable Care Act. **THIS IS NOT A MEDICARE PRESCRIPTION DRUG PLAN.\*** The plan provides discounts at certain health care providers for medical services. The range of discounts will vary depending on the type of provider and service. The plan does not make payments directly to the providers of medical services. Plan members are obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount medical plan organization. You may access a list of participating health care providers at [Member.Getwellsurebridge.com](http://Member.Getwellsurebridge.com). Upon request the plan will make available a written list of participating health care providers. You have the right to cancel within the first 30 days after receipt of membership materials and receive a full refund, less a nominal processing fee (nominal fee for MD residents is \$5). Discount Medical Plan Organization and administrator: **Careington International Corporation**, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380.

The plan and its administrators have no liability for providing or guaranteeing service by providers or the quality of service rendered by providers. This plan is not available in Montana and Vermont. This plan is not currently available in Washington. \*Medicare statement applies to MD residents when pharmacy discounts are part of plan.

## Screening for: Carotid Artery Disease for the Prevention of Stroke



The Life Line ultrasound screening package includes an ultrasound examination of the carotid arteries. This screening detects buildup of fatty plaque, which is the primary cause of stroke, one of the leading causes of permanent disability and death.

Unfortunately, waiting for symptoms to appear can often mean waiting too long as 80% of stroke victims experience no symptoms prior to having one<sup>1</sup>. A Carotid Artery Screening can help you prevent stroke because when identified early, 4 out of 5 strokes can be thwarted<sup>2</sup>.

The Carotid Artery/Stroke screening procedure is simple, painless, and non-invasive. After applying gel to your neck a technologist will move an instrument, called a transducer, on your neck to create images of the carotid arteries and assess the rate of blood flow within them.

<sup>1</sup> Hackam, et al, *Neurology* 73, September 29, 2009

<sup>2</sup> Lavenson, *Society for Vascular Surgery annual meeting*, June, 2011



## Screening for: Abdominal Aortic Aneurysm - a silent killer



Life Line also includes an ultrasound examination of the abdominal aorta. This screening helps to detect aneurysms that can cause a ruptured aortic artery. A dilatation, or ballooning, of the abdominal aorta is the most common form of aortic aneurysm. Abdominal aortic aneurysms are likely to tear if they reach 5 centimeters or greater in diameter. This screening can help detect the aneurysm before it reaches that critical size.

Occasionally problems with the abdominal aorta can cause pain in the abdomen or back, but unfortunately, in most cases, abdominal aortic aneurysms tend to cause no symptoms at all until it is too late. When ruptured the result is life threatening because of the internal blood loss. That is why a screening specifically in this region of the abdomen is so important.

Life Line uses ultrasound technology to measure the size of your abdominal aorta. The process is painless. You lie on your back on an exam table while a technologist applies gel to your abdomen. The technologist then takes images and measurements of your aorta by moving an instrument, called a transducer, across your abdomen.

## Screening for: **Atrial Fibrillation to help Prevent Strokes and Heart-Related Deaths**



Atrial Fibrillation is also known as irregular heartbeat. Atrial Fibrillation is the most common type of heart arrhythmia. If you have the condition, your risk of heart-related death doubles and you have five times greater risk of having a stroke<sup>3</sup>. A heartbeat irregularity may have no symptoms, but it is often associated with palpitations, fainting, chest pain and even congestive heart failure.

Life Line screens for atrial fibrillation using EKG electrodes, which are placed on the arms and legs to detect irregular heart rhythm. The EKG identifies the presence or absence of an atrial fibrillation at the time of the screening. This is a painless and simple screening. You roll up your sleeves and roll down your socks, then lie on an exam table while a technologist applies electrodes above your wrists and ankles.



<sup>3</sup> American Heart Association, *Heart Disease and Stroke Statistics – 2012 Update*

## Screening for: **Peripheral Arterial Disease**



Peripheral arterial disease (PAD) is a disorder that occurs in the arteries that carry blood to the arms and legs. PAD can cause severe leg pain and disability. An individual with PAD has twice the risk for coronary artery disease<sup>4</sup>. A PAD health screen can detect arterial plaque buildup in the lower extremities. PAD can build up over a lifetime and affects about 8 million Americans.

The Life Line screening is done using the ankle-brachial index (ABI). The ABI measures the ratio between the pressure in your arms and that in your legs. This ratio indicates how well blood flows to the legs. A ratio of less than 0.90 indicates plaque buildup and possible peripheral arterial disease. A ratio of 0.90 or greater is considered normal. For many people, the outward symptoms will not appear until the artery has narrowed by 60 percent or more.

The ABI screening is painless, quick, and non-invasive. After removing your socks and shoes, you will have pressure cuffs placed around your upper arms and ankles. A small ultrasound device then measures the systolic blood pressures in your limbs helping to identify most cases of peripheral arterial disease.

<sup>4</sup> Bickel, et al, *Journal of the American Heart Association*, 2012



GetWell's  
**getsure** — Life Line Screening  
Screen for key indicators of a hidden condition

# Get Healthy. Stay Healthy.

In addition to GetSure – Life Line Screening, GetWell offers a whole suite of wellness products.



GetWell's  
**getmore**  
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GetWell's  
**getliving**  
Wellness Services



GetWell's  
**gethealth**  
Medical Assistance

GetWell's **GetMore** health-related services bridge the gap between your health plan and your budget with significant discounts on dental, vision and prescription services.



GetWell's **GetLiving** provides an all-inclusive approach to achieving your family's best health with discounts on health coaching, fitness programs, immunizations — and more!



GetWell's **GetHealth** is convenient medical help — including secure online access to your records and 24/7 phone or Web access to physicians who can prescribe medication.



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