

Online Health Care Assessment

- Web-based health and wellness program promotes personal health and fitness
- Personalized home-based workouts with animations
- Daily health tips on nutrition, weight-loss, exercise and disease prevention
- Over 4,500 health and wellness related articles and a complete medical conditions library

Online health care assessment is provided by MyEwellness.

Alternative Health & Wellness

- Save 25% on chiropractic services at more than 14,000 providers nationwide
- More than 20,000 credentialed providers
- Receive discounts on health and wellness products

The health and wellness discounts are provided by American Specialty Health.

Diabetic Supplies

- Durable medical equipment – 20% to 30% off retail price
- Daily living aids – 20% to 25% off retail price
- Disposable medical supplies – 20% to 40% off retail price
- Free blood glucose monitor upgrade
- Nutritional supplements – 20% to 25% off retail price

The diabetic supplies discounts are provided by Better Living Now.

The Careington Advantage

Careington is the leading provider of health care and lifestyle discount plans in the industry.

- Everyone is accepted
- Unlimited plan usage, with no administrative forms to file
- Membership includes family members
- You can cancel in 30 days and receive a full refund, less your processing fee



Medical Discount Plan

For only \$19.95/month, you and your family can access discounts on lab services, weight loss management, prescriptions and more!

Administered by:
Careington International Corporation

Careington is a member of



It's easy to save on health care expenses with Careington

Physician & Hospital Limited

- Save an average of 10% to 40% on medical services by using the PHCS Network
- Members have access to a network of over 580,000 individual physicians, 4,200 acute care hospitals and approximately 65,000 ancillary providers nationwide*
- Savings range on Inpatient Services 10% to 50%, Outpatient Services 10% to 40%, Ancillary Services 15% to 55% and Physician Services 23% to 46%

The Physician & Hospital Limited is provided by Private Health Care Systems.

**Product not available in MA, MD and WV*

Imaging Network

- Save an average of 40% to 75% less than the usual costs for MRI, CT scans and PET scans
- Over 3,200 outpatient radiology facilities throughout the United States
- Providers undergo a rigorous credentialing and peer review process for radiology quality
- Multilingual call center

Imaging services are provided by Galaxy Health Network.

Pharmacy Discounts

- Members have access to over 60,000 participating pharmacies nationwide
- Average savings of 31% off generic drugs and average savings of 13% off brand name prescriptions
- Convenient and money-saving mail order service through the Web site

The prescription discounts are provided by Caremark.

Lab Services

- 10% to 80% savings on regular retail pricing of blood tests
- Access to over 3,000 certified labs nationwide

The lab discounts are provided by Direct Labs.

Medical Information

- 24/7 web-based access to board-certified physicians, psychologists, pharmacists, and dentists
- 24/7 registered nurse telephone service
- Guaranteed physician response within 24 hours, and usually within two to four hours
- Health Risk Assessments for monitoring your health
- Ask eDietician: for all of your nutritional and diet issues
- Ask eFitness: for all of your exercise and personal training questions
- Searchable online medical library
- All information is secure and confidential on eDocAmerica's secured server

The medical information program is provided by eDocAmerica.



Disclosures:

THIS PLAN IS NOT INSURANCE. THIS IS NOT A MEDICARE PRESCRIPTION DRUG PLAN.*

This plan does not meet the minimum creditable coverage requirements under M.G.L. c. 111M and 956 CMR 5.00. 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 www.searchforaprovider.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 program and its administrators have no liability for providing or guaranteeing service by providers or the quality of service rendered by providers. This program is not available in Montana and Vermont.

*Medicare statement applies to MD residents when pharmacy discounts are part of program.