



# It's easy to save on health care expenses!



## Physician Visits

- 20% to 45% savings on routine office visits and ancillary medical services such as lab work and imaging centers
- Access to over 525,000 health care professionals and over 66,000 ancillary locations nationwide

The physician discounts are provided by Private Healthcare Systems.

## Lab & Imaging Services

- 20% to 80% savings on blood tests and 20% to 70% savings on diagnostic imaging services
- Access to over 3,000 certified labs nationwide

The lab and imaging discounts are provided by Direct Labs.

## Medical Bill Negotiation Services

- 20% to 40% savings on medical bills when working with medical bill negotiation professionals
- Consultations are available before seeking medical services, after a member has been treated and has a medical bill, or if a medical bill has been sent to a collection company

The medical bill negotiation services are provided by Health Care Mediation.

## Hearing Care

- Largest provider of audiology and hearing aid services in the United States with over 1,700 locations
- Save an average of 25% on the price of hearing aids at any HearPO provider
- Discounts on hearing exams and other audiological services
- 60-day trial period with 100% money-back guarantee

The hearing care program is provided by HearPO.

## Dental Care

- Average annual savings of \$1,200 per family on dental work
- Savings of 20%-50% on most dental procedures, including routine oral exams, unlimited cleanings and major work such as dentures, root canals and crowns
- Savings of 20% on orthodontics for both children and adults
- Savings of 20% on normal fees for all specialties – including endodontics, oral surgery, orthodontics, pediatric dentistry, periodontics and prosthodontics – where available

The dental care discounts are provided by Careington International Corporation.

## Vision Discounts

- Members save 20% to 40% off the retail price of eyewear
- Receive discounts on exams and contact lenses
- Members are entitled to 15% off the retail price or 5% off the promotional price of LASIK or PRK procedures, whichever is the greater discount
- More than 40,000 providers nationwide including independent optometrists, ophthalmologists, opticians, and leading optical retailers such as LensCrafters®, Sears Optical®, Target Optical®, JCPenney® Optical, and most Pearle Vision® locations

The vision discounts are provided by EyeMed Vision Care Access Plan D.

## Additional Health Care Services

- Access to nurse triage services via a toll free number from CareNet
- 20% to 40% savings on diabetic and medical supplies and more from Better Living Now
- Vision Correction Surgery from QualSight: Savings of 40%-50% off the overall national average cost of LASIK surgery
- Chiropractic and Alternative Medicine Discounts from HealthWays WholeHealth Network: Savings of 10%-30% on chiropractic services and many types of alternative health care therapies

## The Careington Advantage

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

- All plans include a 45-day satisfaction guarantee
- Everyone is accepted
- Unlimited plan usage, with no administrative forms to file
- Membership includes family members

## How to use the plan

1. Visit [www.careington.com](http://www.careington.com) or contact our member services dept at **(800) 290-0523** to locate a participating provider.
2. After you locate a provider in your area, schedule an appointment and confirm the provider's continued participation in the Careington plan.
3. Present your membership card during your visit.
4. You will receive the discount and are responsible for paying the entire discounted fee at the time the service is provided.

## How to sign up

1. **Call:** (866) 222-2558 & Mention code "GHM"
2. **Website:** [www.careington.com/co/ghm](http://www.careington.com/co/ghm)
3. **Mail:** 7400 Gaylord Pkwy, Frisco TX 75034
4. **Fax:** (877) 335-7811



## Disclosures:

### **THIS PLAN IS NOT INSURANCE. 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. Before purchase, you may access a list of participating health care providers at [www.searchforaprovider.com](http://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.

Note to Texas Consumers: Regulated by the Texas Department of Licensing and Regulation, P.O. Box 12157, Austin, Texas 78711; telephone (800) 803-9202 or (512) 463-6599 Web site: [www.license.state.tx.us/complaints](http://www.license.state.tx.us/complaints). The program and its administrators have no liability for providing or guaranteeing service by providers or the quality of service rendered by providers. \*Medicare statement applies to MD residents when pharmacy discounts are part of program. This program is not available in Montana and Vermont.

**Administered by:**  
Careington International Corporation