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"Great works are performed, not by strength, but by perseverance."

Samuel Johnson

"I have this theory that chocolate slows down the aging process....It may not be true, but do I dare take the chance?"

Unknown

Meritain Health is Moving

**Effective December 19, 2011,
the Metro East Service office of Meritain will be located at:
1109 Harman Lane, Suite 202
Shiloh, IL 62221**

Health Savings Account (HSA) Qualified- High Deductible Health Plan (Bronze Plan) Changes Effective January 1, 2012

In accordance with the IRS Requirements for 2012, the following limits to the HSA Qualified High Deductible Health Plan (Bronze Plan) will apply.

	<u>Individual</u>	<u>Family</u>
Minimum Deductible	\$1,200	\$2,400
Maximum Out-of-Pocket	\$6,050	\$12,100
HSA Contribution Limit	\$3,100	\$6,250
Catch-Up Contribution (55 or older)	* \$1,000	

* If a spouse is also 55 or older, a second HSA must be established and a second contribution of \$1,000 could be made to that account. For additional information about Health Savings Accounts please refer to your Bronze Plan Document or visit www.irs.gov.

Meritain Health Enhancements

Meritain's upgrade of our benefits system and enhanced features is now complete. A few comments about the enhancements:

- New ID cards including the Consult a Doctor information if you are enrolled in one of the Egyptian Trust Health Plans. You no longer need a separate Consult a Doctor ID card.
- In addition to new ID cards for all covered employees, additional cards for those dependents over age 18 have been sent to the employee's homes.
- Interactive Voice Response (IVR) available 24/7 to obtain or confirm eligibility information, confirm benefits, access to claims information, and request additional ID cards
- Remember to re-register at www.myMERITAIN.com to access your enrollment and claims information 24/7.
- Links to all the programs offered by the Egyptian Trust are available through www.myMERITAIN.com.
- You will have to re-register through www.express-scripts.com. You may access this link through www.myMERITAIN.com.
- You may print your own ID card after re-registering at www.myMERITAIN.com.
- If you need assistance with the re-registration process you may email webmaster@meritain.com or contact Customer Service at (800)844-7979.

**Vendor/Consultant
Websites/Phone**

Health

View your protected claims and eligibility and more at:

www.myMeritain.com

Member Services Phone
800-844-7979

Prescription Drugs

View your protected prescription drug claims history and more at:

www.express-scripts.com

Member Services Phone
800-451-6245

Egyptian Trust

View information about Egyptian Trust, programs offered by the Trust, historical newsletters, and more at:

www.egtrust.org

HealthLink Providers

Find a Tier 1 or Tier 2 Participating Provider, create a Customized Directory, and more at:

www.healthlink.com

Member Services Phone
800-624-2356

Delta Dental

View your protected claims and eligibility and more at:

www.deltadentalil.com

Member Services Phone
800-323-1743

UniView Vision Plan

To find a participating Uniview provider go to:

www.unicare.com

Member Services Phone
888-884-8428

Lincoln Financial Group

Member Services Phone
800-423-2765

Tis The Season To Live Healthy Surrender To Guilt-Free Cookies

Wave the white flag of surrender and bake a batch of these guilt-free cookies.

Chocolate-Chocolate Chip Cookies

Ingredients

1 cup all-purpose flour 1/2 cup sugar, granulated
1/4 tsp baking soda 1/3 cup unsweetened cocoa
1/8 tsp salt 2 large egg whites
1/4 cup butter, softened
1/2 cup brown sugar, packed
1/3 cup semi-sweet miniature chocolate chips

Instructions

Combine flour, baking soda and salt in a large bowl. Set aside. Beat Butter and brown sugar with mixer until light and fluffy. Add granulated sugar, cocoa and egg whites, continue beating. Then add flour mixture. Stir in chocolate chips. Spoon 1 1/2 inches apart on a sheet coated with cooking spray. Bake at 350 degrees for 10 minutes.

Yield: 40 cookies Serving size: 1 cookie Weight Watchers® points value: 1 point

Express Scripts Pharmacy Benefit Program

Express Scripts 2012 Formulary List with Step Therapy

Following is the Formulary List that becomes effective January 1, 2012. If you have questions about the Step Therapy Program, your copayments or any other aspect of the prescription plan, contact Express Scripts at 1-866-470-1745.

How does Step Therapy work?

For certain medical conditions your doctor needs to prescribe a "step-one" medication. Usually, this means a generic drug - a safe, effective version of a brand-name drug that provides the same medical benefits but costs less. The step-one drug may instead be a less expensive brand-name drug.

If your doctor would rather you use a "step-two" drug, your doctor needs to contact Express Scripts for a prior authorization. Express Scripts will check to see if the drug will be covered under your plan's coverage guidelines. If it's covered, you could pay a higher copayment than for a step-one drug.

Your pharmacist may also play a role. When you hand in a new prescription, your pharmacist looks at your prescription plan. If it says you are to try a step-one medication, your pharmacist may need to contact your doctor to ask to substitute a covered, step-one drug. Alternatively, you can get your prescription filled as written, but you will pay the full cost for it.

Take the right step

Only you and your doctor can make decisions about your health care, so share the following list with your doctor. It makes sense to begin with the most affordable medication that meets your needs. You save money, and the Egyptian Trust can continue to afford high-quality prescription coverage for the membership.



2012 Express Scripts National Preferred Formulary

The following is a list of the most commonly prescribed drugs. It represents an abbreviated version of the drug list (formulary) that is at the core of your prescription-drug benefit plan. The list is not all-inclusive and does not guarantee coverage. In addition to using this list, you are encouraged to ask your doctor to prescribe generic drugs whenever appropriate.

PLEASE NOTE: The symbol * next to a drug signifies that it is subject to nonformulary status when a generic is available throughout the year. Not all the drugs listed are covered by all prescription-drug benefit programs; check your benefit materials for the specific drugs covered and the copayments for your prescription-drug benefit program. For specific questions about your coverage, please call the phone number printed on your ID card.

A	B	D	G	H	M	O					
<p>ABILIFY (EXCLUDING DISCMELT & SOLUTION) ACANYA GEL, PUMP ACCU-CHEK KITS; ACTIVE, ADVANTAGE, AVIVA, COMPACT PLUS ACCU-CHEK LANCETS; MULTICLIX, SOFT TOUCH, SOFTCLIX ACCU-CHEK TEST STRIPS; ACTIVE, AVIVA, COMFORT CURVE, COMPACT DRUM acetaminophen/codeine ACTONEL ACTOPLUS MET*, XR ACTOS* ACUVAIL acyclovir adapalene ADCIRCA ADVAIR DISKUS, HFA ADVICOR AGGRENOL albuterol alendronate sodium alfuzosin er allopurinol ALPHAGAN P 0.1%* ALTABAX amiodarone AMITIZA amitriptyline amlodipine, /benazepril amox tr/potassium clavulanate amoxicillin amphetamine salt combo, er AMPYRA AMTURNIDE anastrozole ANDRODERM ANDROGEL antipyrine/benzocaine apri ARANESP [INJ] arbinoxa ARICEPT 23 MG ARIXTRA* [INJ] ASACOL, HD ASTEPRO ATELVIA atenolol, /chlorthalidone AVELOX aviane AVODART AZASITE azathioprine azelastine AZILECT azithromycin AZOR</p>	<p>baclufen balsalazide disodium benazepril, /hctz BENICAR, HCT BENZAFLIN PUMP (EXCLUDING CAREKIT) benzonatate BETASERON [INJ] BONIVA brimonidine tartrate BROMDAY budesonide neb susp bupropion, 12 hr, 24 hr butalbital/apap/caffeine BYETTA [INJ] BYSTOLIC</p>	<p>desonide DETROL, LA* dexamethasone dexmethylphenidate diclofenac sodium dicyclomine hcl DIFFERIN 0.3% GEL, 0.1% LOTION digoxin diltiazem, 12 hr, 24 hr DIOVAN, HCT* divalproex sodium, er donepezil, odt dorzolamide, /timolol DOVONEX CRM doxazosin doxepin DUAC* DUETACT DULERA</p>	<p>FORADIL FORTEO [INJ] fosinopril, /hctz FOSRENOL</p>	<p>levetiracetam levofloxacin levothyroxine sodium levoxy LEXAPRO* LIALDA LIDODERM liothyronine LIPITOR* lisinopril, /hctz lithium carbonate LOESTRIN 24 FE, LO LOESTRIN FE losartan, /hctz LOSEASONIQUE LOTEMAX lovastatin LOVAZA LUMIGAN LUNESTA LYRICA LYSTEDA</p>	<p>neomycin/polymyxin/ dexamethasone neomycin/polymyxin/hc NEVANAC NEXIUM NIASPAN nifedipine er nisoldipine er nitrofurantoin macrocrystal nitroglycerin patches nortriptyline NOVOFINE NOVOLIN [INJ] NOVOLOG [INJ] NOVOLIN [INJ] NUCYNTA NUEDEXTA NUTROPIN, AQ, AQ NUSPIN [INJ] NUVARING nystatin, /triamcinolone</p>	<p>calciptriene CANASA carbamazepine, er carbidopa/levodopa, er carvedilol cefadroxil cefdinir cefprozil cefuroxime CELEBREX cephalexin CETROTIDE [INJ] cholestyramine chorionic gonadotropin [INJ] CIALIS ciclopirox CIPRODEX ciprofloxacin, er citalopram clarithromycin, er CLIMARA PRO clindamycin hcl clindamycin phosphate clobetasol propionate clomiphene citrate clonazepam clonidine clotrimazole/ betamethasone dipropionate COLCRYS COMBIGAN COMBIPATCH COPAXONE [INJ] COREG CR* CREON CRESTOR CRINONE cryselle cyanocobalamin [INJ] cyclobenzaprine CYMBALTA</p>	<p>EFFIENT ELIDEL eliphas EMBEDA ENABLEX ENBREL [INJ] ENDOMETRIN enoxaparin [INJ] EPICERAM EPIDUO EPIPEN, JR [INJ] ergocalciferol erythromycin erythromycin/benzoyl perox. ESTRADERM estradiol patches, tabs estradiol/norethindrone acetate etodolac EUFLEXA [INJ] EURAX EVAMIST EXELON PATCHES EXFORGE, HCT</p>	<p>HALFLYELY-BISACODYL* HUMALOG [INJ] HUMIRA [INJ] HUMULIN [INJ] hydralazine hydrochlorothiazide hydrocodone/ acetaminophen hydrocodone/ibuprofen hydrocortisone hydromorphone hydroxychloroquine</p>	<p>ibuprofen imiquimod INCVIEK indomethacin ipratropium, /albuterol isosorbide mononitrate, er isotretinoin</p>	<p>MAKENA [INJ] MAXALT, MLT meclizine hcl medroxyprogesterone acetate meloxicam MENEST metaxalone metformin, er methocarbamol methotrexate methylphenidate, er methylprednisolone metoclopramide hcl metoprolol, /hctz METROGEL metronidazole MIGRANAL MIRAPEX ER mirtazapine, odt mometasone morphine sulfate, er MOVIPREP MOXEZA MULTAQ mupirocin MUSE mycophenolate mofetil</p>	<p>ocella ofloxacin omeprazole ondansetron, odt ONETOUCH KITS/METERS; BASIC, ULTRA 2, ULTRAMINI, ULTRASMART ONETOUCH TEST STRIPS; FASTTAKE, ONETOUCH, SURESTEP, ULTRA OPANA ER* ORTHOVISC [INJ] oxcarbazepine oxybutynin, er oxycodone, /acetaminophen OXYCONTIN</p>
	<p> <p>clotrimazole/ betamethasone dipropionate COLCRYS COMBIGAN COMBIPATCH COPAXONE [INJ] COREG CR* CREON CRESTOR CRINONE cryselle cyanocobalamin [INJ] cyclobenzaprine CYMBALTA</p> </p>	<p> <p>famciclovir famotidine felodipine er fenofibrate fentanyl citrate FINACEA, PLUS finasteride FLECTOR FLOVENT DISKUS, HFA fluconazole fluocinonide fluoxetine, dr fluticasone nasal spray folic acid</p> </p>	<p> <p>JALYN JANUMET JANUVIA</p> </p>	<p> <p>ketoconazole ketorolac</p> </p>	<p> <p>nabumetone nadolol NAMENDA naproxen, naproxen sodium natriptan NASCOBAL NASONEX nateglinide necon</p> </p>	<p> <p>pantoprazole paroxetine PATADAY* PATANOL* peg 3350/electrolyte PEGASYS [INJ] PEG-INTRON, REDIPEN [INJ] penicillin v potassium PENTASA PERFORMIST phenytoin sodium, extended PLAVIX* polymyxin/trimethoprim potassium chloride, er PRADAXA pramipexole PRANDIMET PRANDIN* pravastatin PRECISION XTRA prednisolone prednisolone acetate</p> </p>					

(continued)

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You can get more information and updates to this document at our website at www.express-scripts.com.

prednisolone sodium phosphate
 prednisone
 PREMARIN TABS
 PREMPHASE
 PREMPRO
 PRISTIQ
 PROAIR HFA
 prochlorperazine
 PROCRT [INJ]
 PRODIGY INSULIN SYR,
 PEN NEEDLES
 promethazine/
 dextromethorphan
 PROMETRIUM
 propranolol, /hctz
 PROTOPIC
 PULMICORT FLEXHALER
 PULMICORT RESPULES*
 PYLERA

Q

quinapril, /hctz
 QVAR

R

ramipril
 RANEXA
 ranitidine
 RAPAFLO
 REBIF [INJ]
 RENVELA
 reproxain
 RESTASIS
 RETIN-A MICRO GEL, PUMP
 REVATIO*
 ribavirin
 RIOMET
 risperidone, odt
 rivastigmine caps
 ropinirole

S

SANCUSO
 SAVELLA
 SEASONIQUE*
 SEREVENT DISKUS
 SEROQUEL*, XR
 sertraline
 SIMCOR
 simvastatin
 SINGULAIR
 sodium fluoride
 sodium sulfacetamide/
 sulfur
 SOLARAZE
 SOMATULINE DEPOT [INJ]
 sotalol
 SPIRIVA
 sprintec
 STRATTERA*
 SUBOXONE*
 sucralfate
 sulfamethoxazole/
 trimethoprim
 sulfasalazine
 sumatriptan tab, inj
 SYMBICORT
 SYMBYAX*
 SYMLIN, SYMLINPEN [INJ]

T

TACLONEX
 TAMIFLU
 tamoxifen

tamsulosin
 TAZORAC*
 TEKAMLO
 TEKURNA, HCT
 temazepam
 terazosin
 timolol maleate
 tizanidine
 tobramycin/dexamethasone
 susp
 tobramycin sulfate
 topiramate
 TOVIAZ
 TRACLEER
 TRADJENTA
 TRAVATAN Z
 trazodone hcl
 tretinoin
 TREXIMET
 triamcinolone acetonide
 triamterene/hctz
 TRIBENZOR
 TRICOR*
 TRILIPIX
 trinessa
 tri-previfem
 tri-sprintec
 trospium
 TUSSICAPS

U

ULORIC

V

VAGIFEM
 valacyclovir
 VALTURNA
 venlafaxine, er
 VENTOLIN HFA
 VERAMYST
 verapamil, er
 veripred
 VESICARE
 VIAGRA*
 VICTOZA [INJ]
 VICTRELIS
 VIGAMOX
 VIIBRYD
 VIMOVO
 VIMPAT
 VIVELLE-DOT
 VOLTAREN GEL*
 VYVANSE

W

warfarin
 WELCHOL

X

XERESE
 XIFAXAN
 XOPENEX 3 ML NEBS*

Z

zamicet
 zarah
 ZETIA
 zolpidem, er
 ZOMIG, ZMT
 ZYCLARA
 ZYLET
 ZYMAXID
 ZYPREXA 10 MG VIAL*

Examples of Nonformulary Medications With Selected Formulary Alternatives

The following is a list of some nonformulary brand-name medications with examples of selected alternatives that are on the formulary.

Column 1 lists examples of nonformulary medications.
 Column 2 lists some alternatives that can be prescribed.

Thank you for your compliance.

Nonformulary	Formulary Alternative	Nonformulary	Formulary Alternative
ACIPHEX	lansoprazole, omeprazole, Nexium	INVEGA	risperidone, Abilify (regular tabs), Seroquel*/XR
ALAMAST	azelastine, Pataday*, Patanol*	IQUIX	ciprofloxacin, levofloxacin, Moxeza, Vigamox, Zymaxid
ALOCRIL	azelastine, Pataday*, Patanol*	KOMBIGLYZE XR	metformin + Januvia or Tradjenta, Janumet
ALOMIDE	generic patches, Estraderm, Vivelle-Dot	LATUDA	risperidone, Abilify (regular tabs), Seroquel*/XR
ALORA	generic patches, Estraderm, Vivelle-Dot	LESCOL, XL	lovastatin, simvastatin, Crestor, Lipitor*
ALTOPREV	lovastatin, simvastatin, Crestor, Lipitor*	LEVAQUIN	levofloxacin
ALVESCO	Flovent Diskus/HFA, Pulmicort Flexhaler, Qvar	LEVITRA	Cialis, Viagra*
ANTARA	fenofibrate, Tricor*, Trilipix	LIPOFEN	fenofibrate, Tricor*, Trilipix
APIDRA	Humalog, Novolog	LIVALO	lovastatin, simvastatin, Crestor, Lipitor*
APRISO	balsalazide, Asacol/HD, Lialda, Pentasa	MAXAIR AUTOHALER	ProAir HFA, Ventolin HFA
ASMANEX	Flovent Diskus/HFA, Pulmicort Flexhaler, Qvar	MENOSTAR	generic patches, Estraderm, Vivelle-Dot
ATACAND	losartan, Benicar, Diovan*	MICARDIS	losartan, Benicar, Diovan*
ATACAND HCT	losartan/hctz, Benicar HCT, Diovan HCT*	MICARDIS HCT	losartan/hctz, Benicar HCT, Diovan HCT*
AVALIDE	losartan/hctz, Benicar HCT, Diovan HCT*	NATAZIA	generic oral contraceptives, Loestrin 24 Fe/Lo Loestrin Fe, Nuvaring, Seasonique*/LoSeasonique
AVAPRO	losartan, Benicar, Diovan*	NORDITROPIN	Genotropin, Nutropin/AQ/AQ Nuspin
AXERT	sumatriptan tab, Maxalt/MLT, Zomig/ZMT	NOROXIN	ciprofloxacin/er, levofloxacin, ofloxacin, Avelox
AXIRON	Androderm, Androgel	OMNARIS	fluticasone, Nasonex, Veramyst
AZOPT	brimonidine tartrate, dorzolamide, Alphagan P 0.1%*, Combigan	OMNITROPE	Genotropin, Nutropin/AQ/AQ Nuspin
BAYER ASCENSIA, BREEZE, CONTOUR	Accu-Chek, OneTouch	ONGLYZA	Januvia, Tradjenta
BECONASE AQ	fluticasone, Nasonex, Veramyst	ORTHO EVRA, ORTHO TRI-CYCLEN LO	generic oral contraceptives, Loestrin 24 Fe/Lo Loestrin Fe, Nuvaring, Seasonique*/LoSeasonique
BEPREVE	azelastine, Pataday*, Patanol*	OXYTROL	oxybutynin er, trospium, Gelnique
BESIVANCE	ciprofloxacin, levofloxacin, Moxeza, Vigamox, Zymaxid	PATANASE	azelastine, Astepro
BEYAZ	generic oral contraceptives, Loestrin 24 Fe/Lo Loestrin Fe, Nuvaring, Seasonique*/LoSeasonique	PENNSAID	Flector, Voltaren Gel*
BRAVELLE	Gonal-F/RF	PRECISION	Accu-Chek, OneTouch
BROVANA	Performist	PCX, Q-I-D	
CARDURA XL	alfuzosin er, tamsulosin, Rapaflo	PROQUIN XR	ciprofloxacin/er, levofloxacin, ofloxacin, Avelox
CENESTIN	estradiol, Menest, Premarin tabs	PROVENTIL HFA	ProAir HFA, Ventolin HFA
CETRAXAL	Ciprodex	RELPAK	sumatriptan tab, Maxalt/MLT, Zomig/ZMT
CIPRO HC	Ciprodex	RHINOCORT AQUA	fluticasone, Nasonex, Veramyst
DEXILANT	lansoprazole, omeprazole, Nexium	SAFYRAL	generic oral contraceptives, Loestrin 24 Fe/Lo Loestrin Fe, Nuvaring, Seasonique*/LoSeasonique
DIVIGEL	generic patches, Evamist	SAIZEN	Genotropin, Nutropin/AQ/AQ Nuspin
EDARBI	losartan, Benicar, Diovan*	SANCTURA XR	oxybutynin er, trospium, Detrol/LA*, Enablex, Toviaz, Vesicare
EDLUAR	zolpidem/er, Lunesta	SAPHRIS	risperidone, Abilify (regular tabs), Seroquel*/XR
ELESTRIN	generic patches, Evamist	SULAR	nisoldipine er
EMADINE	azelastine, Pataday*, Patanol*	SUMATRIPTAN NASAL	Zomig Nasal
ENJUVA	estradiol, Menest, Premarin tabs	SYNTHROID	levothyroxine sodium, levoxyl
EPOGEN	Aranesp, Procrit	TESTIM	Androderm, Androgel
ESTRASORB	generic patches, Evamist	TEVETEN	losartan, Benicar, Diovan*
ESTROGEL	generic patches, Evamist	TEVETEN HCT	losartan/hctz, Benicar HCT, Diovan HCT*
FACTIVE	ciprofloxacin/er, levofloxacin, ofloxacin, Avelox	TEV-TROPIN	Genotropin, Nutropin/AQ/AQ Nuspin
FANAPT	risperidone, Abilify (regular tabs), Seroquel*/XR	TRIGLIDE	fenofibrate, Tricor*, Trilipix
FEMTRACE	estradiol, Menest, Premarin tabs	TWYNSTA	Azor, Exforge/HCT, Tribenzor
FENOGLIDE	fenofibrate, Tricor*, Trilipix	VYTORIN	simvastatin or Crestor or Lipitor* + Zetia
FOLLISTIM AQ	Gonal-F/RF	XALATAN	latanoprost
FORTESTA	Androderm, Androgel	XOPENEX HFA	ProAir HFA, Ventolin HFA
FREESTYLE	Accu-Chek, OneTouch		
FROVA	sumatriptan tab, Maxalt/MLT, Zomig/ZMT		
GEODON	risperidone, Abilify (regular tabs), Seroquel*/XR		
HUMATROPE	Genotropin, Nutropin/AQ/AQ Nuspin		
IMITREX NASAL	Zomig Nasal		

KEY

The symbol [INJ] next to a drug name indicates that the drug is available in injectable form only.

For the member: Generic medications contain the same active ingredients as their corresponding brand-name medications, although they may look different in color or shape. They have been FDA-approved under strict standards.

For the physician: Please prescribe preferred products and allow generic substitutions when medically appropriate. Thank you. Brand-name drugs are listed in CAPITAL letters.

Generic drugs are listed in lower case letters.

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You can get more information and updates to this document at our website at www.express-scripts.com.



Getting Care When You Need It Now.

Emergency room (ER) wait times are at an all-time high.¹ Getting care doesn't have to take so long or cost so much. You have choices, even when you need care right away.

Using the ER for Emergencies

Many health problems need care right away but aren't true emergencies. When you can't see your doctor, you can still get quality care without going to the ER. Retail health clinics and urgent care centers can take less time and cost about the same as a visit to your doctor. Plus, most are open at night and on weekends.

Retail Health Clinic – A clinic staffed by health care professionals who give basic medical services to “walk-in” patients; often in a major drugstore or retail store.

Urgent Care Center – A group of doctors who treat conditions that should be checked right away but aren't as severe as emergencies; can often do X-rays, lab tests and stitches.

Walk-in Doctor's Office – Check if your doctor's office has this service.

ER Rule of Thumb

Call 911 or go to the ER if you think you could put your health at serious risk by waiting to get care.

Before you go

Call the office or clinic and ask:

- What are your hours?
- Do you have the services I need?
- Are you still a provider with HealthLink?

Remember you have access to “Consult a Doc”

Call the “Consult a Doc” phone number at 800-362-2667 or visit www.mydrconsult.com.

Want to know more about urgent care centers?

You can search for a provider on healthlink.com. Click on “Find a Provider.” Under step 2, click on “An Ancillary Facility” and, from the drop down menu, choose “Urgent Care.”

Deciding Where To Go When You Need Care Right Away

	Consult a Doc	Retail Health Clinic	Urgent Care Center	Emergency Room
Animal bites			○	<ul style="list-style-type: none"> ○ Any life-threatening or disabling condition ○ Sudden or unexplained loss of consciousness ○ Chest pain, numbness in face, arm or leg; difficulty speaking ○ Severe shortness of breath ○ High fever with stiff neck, mental confusion or difficulty breathing ○ Coughing up or vomiting blood ○ Cut or wound that won't stop bleeding ○ Major injuries ○ Possible broken bones
Stitches			○	
X-rays			○	
Back pain			○	
Mild asthma	○		○	
Minor headaches	○		○	
Sprains, strains			○	
Nausea, vomiting, diarrhea	○		○	
Bumps, cuts, scrapes	○	○	○	
Burning with urination		○	○	
Coughs, sore throat	○	○	○	
Ear or sinus pain	○	○	○	
Eye swelling, irritation, redness or pain	○	○	○	
Minor allergic reactions	○	○	○	
Minor fevers, colds	○	○	○	
Rashes, minor burns	○	○	○	
Vaccinations		○	○	
Typical copay*	Free	\$25 or more	\$40 or more	\$300 or more

Each clinic or center may have different services available. Be sure to call and ask before you go.

Still Not Sure?

Call the "Consult a Doc" phone number at 800-362-2667. Be sure to save the "Consult a Doc" number into your phone. We can help you find excellent care near you. For more locations, call the Customer Service number on your ID card.

* For many members, deductibles and coinsurance may also apply, which can make an even greater difference in the cost between the emergency room and other options.

1. Press Ganey, Emergency Department Pulse Report 2010.

HealthLink, Inc., is an Illinois corporation. HealthLink, Inc. is an organizer of independently contracted provider networks, which it makes available by contract to a variety of payors of health benefits, including insurers, third party administrators or employers. HealthLink has no control or right of control over the professional, medical judgment of contracted providers, and is not liable for any acts or failures to act, by contracted providers. HealthLink, Inc. is not an insurance company and has no liability for benefits under benefit plans offered or administered by payors. HealthLink is a registered trademark of HealthLink, Inc. and a separately incorporated and capitalized subsidiary of WellPoint, Inc.

Consult a Doctor



Consult A Doctor connects you and your family with licensed physicians, 24 hours a day, 7 days a week, even on holidays! Did you eat something that disagreed with your stomach? Or did you forget your prescription back home while traveling for the holiday? A medical consultation is only a phone call or e-mail away. At Consult A Doctor the doctor is always in!

4 Easy Ways to Connect

On Call Tele-Consult

- Talk to a doctor immediately
- Receive medical advice and recommendations

Priority Tele-Consult

- Talk to a doctor within 1-3 hours
- Need medication refill or prescription*
- Requires completed Medical Assessment prior to consult

By Appointment Tele-Consult

- Set a time to talk to a doctor – next day appointments available
- Need medication refill or prescription*
- Requires completed Medical Assessment prior to consult

E-Consult (E-mail Consultation)

- Secure and discreet e-mailing for sensitive medical issues
- Doctor responds within 24 hours



For more information

Call: 800-DOC-CONSULT
(800-362-2667)

Click: www.MyDrConsult.com

* Consult A Doctor is not health insurance, and does not replace your primary care physician. It is not guaranteed that you will receive prescription medications. If you have an urgent medical condition, please dial 911. All services are HIPAA-compliant.

*Best Wishes for Safe and Happy Holidays to you and yours from
all of us at Meritain Health !*