



# The My LIFE Wellness Plan offers you quality, convenient, affordable care.

A My LIFE Wellness Plan membership offers you savings on a wide range of health care products and services. From 24/7 telemedicine access to discounts on dental care, vision care, prescription medications, diabetes supplies, hearing exams and much more, the My LIFE Wellness Plan is your single-source health and wellness solution.

## Why this plan?



You'll be accepted — everyone is!



You can use the plan as many times as you need it, with no administrative forms to file.



Your membership includes family members.



You can cancel at any time during the membership period.

**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 range of discounts will vary depending on the type of provider and service. The plan does not pay providers directly. Plan members must pay for all services but will receive a discount from participating providers. The list of participating providers is at [www.mylifewellness.net](http://www.mylifewellness.net). A written list of participating providers is available upon request. You may cancel within the first 30 days after effective date or receipt of membership materials (whichever is later) and receive a full refund. Discount Plan Organization and administrator: Careington International Corporation, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380. This plan is not available in Utah, Vermont or Washington.

## What's Included In This Plan

### Dental

- Save 20% to 50% on most dental procedures including routine oral exams, unlimited cleanings and major work such as dentures, root canals and crowns through one of the largest dental networks nationally with a focus on neighborhood dentists.
- Members are able to take advantage of savings offered by leaders in the dental care industry.

### Vision

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 conventional contact lenses from more than 90,000 providers nationwide\*.

\*Provider locations are subject to change

### Vision Correction Surgery

Members will receive savings of 40% to 50% off the overall national average cost for Traditional LASIK surgery through QualSight at over 1,000 locations.

The QualSight program is not an insured program.

### Lab Services

- DirectLabs® (DLS) is the leader in direct access laboratory testing.
- DLS offers a wide variety of important health and wellness blood chemistry tests at discounted prices, saving members 10% to 80% off regular retail pricing at over 3,000 certified labs nationwide\*.

\*Services not available in not available in NJ, NY, and RI.

### Hearing

Save 40% on diagnostic services, including hearing exams, at over 5,600 provider locations nationwide.

### Telemedicine

DialCare Physician Access is a modern, easy-to-use telemedicine solution for non-emergency illnesses and general care. Members and their families have direct access to state-licensed and fully credentialed doctors, via phone or video consultations, to receive treatment and advice for common ailments, including colds, the flu, rashes and more.

### Prescription Discounts

Members have access to prescription drug savings that can be between 15% to 60% off the retail price of generic drugs and 10% to 25% off the retail price of brand name drugs at over 68,000 participating pharmacies nationwide.

### Diabetes Supplies

Better Living Now, Inc. (BLN) is a managed care provider of health care products and services, specializing in the needs of patients with chronic conditions, offering 20% to 40% off retail price of diabetic supplies including insulin pumps, continuous glucose monitors (CGM) and testing supplies (monitor, strips and lancets).

### Foot & Ankle Care

Members have access to Healthcare Network of America's podiatry services, and can receive a 50% discount on the provider's fee for the initial exam and a 20% discount on the provider's normal fee for all other services.

### Alternative Health & Wellness

The ChooseHealthy® program provides members with savings on a wide variety of specialty health and wellness services.

- Members save 25% on services from specialty health care providers. The ChooseHealthy program's full musculoskeletal provider network features more than 70,000 participating providers nationwide.

Please note that the ChooseHealthy program 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 ChooseHealthy program provides for discounts from specialty health care providers. You are obligated to pay for all services from those providers but will receive a discount from those participating providers for services included in the program. The ChooseHealthy program does not make any payments directly to participating providers. The ChooseHealthy program has no liability for providing or guaranteeing services and assumes no liability for the quality of services rendered. Discounts on products and services available through the ChooseHealthy program are subject to change; please consult the website for current availability.

The ChooseHealthy program is provided by ChooseHealthy, Inc., a subsidiary of American Specialty Health Incorporated (ASH). ChooseHealthy is registered trademark of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.

### The Active&Fit Direct™ Program

The Active&Fit Direct program allows you to choose from 9,000+ participating fitness centers and select YMCAs nationwide for \$28 a month (plus a \$28 enrollment fee and applicable taxes).

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### Health Screening Services

Life Line Screenings goes beyond your regular checkup with painless ultrasound screenings that can reveal dangerous plaque buildup or blockage. These services include:

- Carotid Artery Screening (Plaque)
- Heart Rhythm Screening (Atrial Fibrillation)
- Abdominal Aortic Aneurysm Screening
- Peripheral Arterial Disease Screening

### Cell Phone Repair Services

Our cellular care coverage will reimburse the costs associated with repairing your mobile phone no matter how your device was damaged. The coverage includes:

- Cracked screens
- Water damage
- Mechanical malfunctions
- Electrical malfunctions

### Shopping

Zebit is on a mission to put financial control back into the hands of hardworking consumers.

Zebit provides members up to \$2,500 interest-free credit to shop millions of name brand products that can be paid over time without interest, membership fees, or a traditional credit check. Zebit's healthy credit can be accessed as an alternative high-cost option like payday loans or rent-to-own services. By offering members the ability to buy now and pay over time at 0% interest, Zebit helps members plan, manage, and respond to life events responsibly.