

Connect and learn more
about CareHere!
www.CareHere.com
877.423.1330

All MUST members have access to CareHere Health Centers!

CareHere Health Centers provide an
array of services including:

- Primary Care
- Wellness, Nutrition & Health Coaching
- Laboratory Work

The goal is to **remove barriers** that keep people from seeking medical care. Patients book appointments in 20-minute increments, and the **wait times are less than 4 minutes**. Patients are never double booked.

For members on **Traditional Plans**, services are available at **zero cost** to the member.

For members on HDHPs, services are available for a **\$55 office charge** (until their deductible is met).

CareHere Services

- Chronic Disease Management
- Health Coaching Services
- Care for Infections & Colds
- Flu & Allergy Treatments
- Well-Child Checkup
- School Physicals
- Sports Physicals
- Annual Health Screenings
- Stress Management
- Tobacco Cessation
- Routine Blood Work
- Skin Checks
- Immunizations
- Minor Stitches
- Wellness Programs
- Annual Exams
- MRI & Diagnostic Referrals



Convenient Scheduling

CareHere.com | CareHere App
or by phone 877.423.1330

- › Easy log on using your **computer**, **smartphone** or **tablet**
- › Pick time **best for you** and your schedule
- › **Or call** for scheduling assistance











CareHere

It's more than just a clinic

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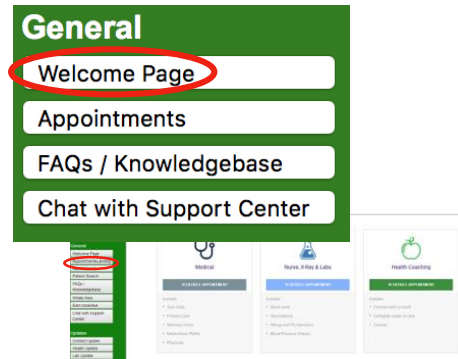
It's important to understand where you access care can make a big difference in cost and time. CareHere is a cost-effective option for MUST members. Here are other avenues for accessing care through your MUST plan:

| | Average Costs | Average Wait Times | Examples of Health Issues | |
|--|---------------|---|---|---|
|  Nurse Line Quick, convenient and lower cost | |  less than 1 minute | <ul style="list-style-type: none"> Allergies Asthma Dizziness | <ul style="list-style-type: none"> Severe headaches Cuts or burns Fever & cold symptoms |
|  Virtual Visits Convenient and lower cost | \$ |  20 minutes or less | <ul style="list-style-type: none"> Allergies Cold and flu Nausea | <ul style="list-style-type: none"> Sinus infections Asthma Pinkeye |
|  Your Doctor's Office Your doctor knows your medical history best | \$ |  24 minutes | <ul style="list-style-type: none"> Fever, colds and flu Sore throat Minor burns Stomach ache | <ul style="list-style-type: none"> Ear or sinus pain Physicals Shots Minor allergic reactions |
|  Urgent Care Clinic Immediate care for issues that are not life-threatening | \$\$\$\$ |  11-20 minutes | <ul style="list-style-type: none"> Migraines or headaches Cuts that need stitches Abdominal pain Sprains or strains | <ul style="list-style-type: none"> Urinary tract infection Animal bites Back pain |
|  Hospital Emergency Room For serious or life-threatening conditions | \$\$\$\$\$\$ |  4 hours, 7 minutes | <ul style="list-style-type: none"> Chest pain, stroke Seizures Head or neck injuries Sudden or severe pain | <ul style="list-style-type: none"> Fainting, dizziness, weakness Uncontrolled bleeding Problem breathing Broken bones |

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Get Appointments

Make Appointment

Type your symptoms, reason for appointment, or comments:

Confirm Your Appointment

- 1 Click on **Appointments** in the green navigation bar on the left-hand side of the screen. Choose what type of appointment you need to schedule.
 - **Medical**—Sick visits, primary care, medication refills, physicals
 - **Nurse, X-Ray, Labs**—Blood work, vaccinations, blood pressure checks
 - **Health Coaching**—Coach meeting, complete Plan of Care, classes
- 2 Let us know **When** you would like your appointment. You can also filter available slots with the **Where** and **Who** dropdowns.
 - **Where**—If multiple locations are available
 - **Who**—If you'd like to see a specific provider
- 3 Click **Get Appointments** and then choose an appointment time by clicking **Make Appointment**.
- 4 Type your symptoms, reason for appointment, or comments. If you'd like a reminder about your visit, choose text, e-mail or both. Then click **Confirm Your Appointment**.

To view all of your scheduled appointments
Click **My Appointments** at the top of the **Appointment Scheduler** screen
OR Select **My Future Appointments** in the drop down menu beside the **Get Appointments** button.

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