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).

Follow the steps below at CareHere.com

1. Go to www.CareHere.com
2. Click "Members Only" and enter your user name and password
3. Enter your Access Code: MUST2
4. Click "Go"
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
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:

<table>
<thead>
<tr>
<th>Service</th>
<th>Average Costs</th>
<th>Average Wait Times</th>
<th>Examples of Health Issues</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nurse Line</td>
<td></td>
<td>less than 1 minute</td>
<td>• Allergies • Asthma • Dizziness • Severe headaches • Cuts or burns • Fever &amp; cold symptoms</td>
</tr>
<tr>
<td>Virtual Visits</td>
<td>$</td>
<td>20 minutes or less</td>
<td>• Allergies • Cold and flu • Nausea • Sinus infections • Asthma • Pinkeye</td>
</tr>
<tr>
<td>Your Doctor’s Office</td>
<td>$</td>
<td>24 minutes</td>
<td>• Fever, colds and flu • Sore throat • Minor burns • Stomach ache • Ear or sinus pain • Physicals • Shots • Minor allergic reactions</td>
</tr>
<tr>
<td>Urgent Care Clinic</td>
<td>$$$</td>
<td>11-20 minutes</td>
<td>• Migraines or headaches • Cuts that need stitches • Abdominal pain • Sprains or strains • Urinary tract infection • Animal bites • Back pain</td>
</tr>
<tr>
<td>Hospital Emergency Room</td>
<td>$$$$</td>
<td>4 hours, 7 minutes</td>
<td>• Chest pain, stroke • Seizures • Head or neck injuries • Sudden or severe pain • Fainting, dizziness, weakness • Uncontrolled bleeding • Problem breathing • Broken bones</td>
</tr>
</tbody>
</table>
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

Let us known **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

Click **Get Appointments** and then choose an appointment time by clicking **Make Appointment**.

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.