

Care at your convenience.

Care My Way is a convenient, easy way to get care for certain health problems – without going to see a doctor. If you or a loved one has bronchitis, seasonal allergies, influenza or many other common conditions, there's now a way to get help from wherever you are.



What problems can Care My Way treat?

Call Care My Way for quick, convenient care for any of these conditions:

- Athlete's foot
- Burn/sunburn
- Eczema
- Influenza
- Laryngitis
- Mastitis
- Pinworms
- Scabies
- Seasonal allergy
- Stye
- Tick bite
- Urinary tract infection
- Vaginal yeast infection
- Bronchitis
- Cold sore
- Impetigo
- Jock itch
- Lice
- Pink eye
- Rash: Poison ivy, diaper, other
- Sinus infection
- Thrush
- Upper respiratory infection
- Whooping cough

Go to www.securityhealth.org/CareMyWay for the latest updates on what conditions are covered.

SecurityHealth PlanSM

Promises kept, plain and simple.[®]

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Care My Way

Get the care you need from wherever you are.



gty.im/499150787

By
Kevin Dodge/Fuse

1.800.549.3174

7 a.m. to 9 p.m., 7 days a week.

SecurityHealth PlanSM

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Your child's seasonal allergies are flaring up at softball practice. That irritating rash has returned. Your spouse is coming down with something – and flu has been going around. The symptoms are familiar. But a trip to the doctor's office takes time you don't have.

Dial **1-800-549-3174** and talk to Care My Way instead. For many common health problems, you can talk to a Marshfield Clinic nurse practitioner who can verify the symptoms and, if needed, call a prescription into the pharmacy of your choice – saving you time, energy and hassle.

Here's what to expect when you call.

- To use Care My Way, call the 24-Hour Nurse Line at **1-800-549-3174**, 7 a.m.-9 p.m. 7 days a week (or TTY 1-800-947-3529 for hearing or speech impaired).
- If the symptoms of the conditions Care My Way can treat, you'll talk with a nurse practitioner who can verify the diagnosis and prescribe appropriate treatment.
- If needed, the nurse practitioner will call in a prescription to the pharmacy of your choice.

How much will it cost?

Depending on your coverage, you might have a small charge for using Care My Way.

Here's how it works:

- For most members: Care My Way will cost nothing for the first three calls each year. We call this **Three for Free!**
 - Additional calls: \$40 each
- Advocare, BadgerCare and Family Health Center members – All calls \$0
- Members with HSA-qualified high-deductible health plans – \$40 per call



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