

IHC Health Solutions  
Valued Customer

Dear Member,

IHC Health Solutions (IHC) and **Careington** International Corporation can help you take control of your health and well-being by providing you with these value-added services and discount program. With no limits on access to services, this program will be the gateway to a healthier you.

In addition to providing you with 24/7 telephone or online access to health information, **Careington** will also help you connect with qualified service providers. Their extensive network makes it easy for you to find providers close to home, work or while you are traveling.

For your convenience, we have attached two cards entitling you to **Careington's** savings and privileges. Please present your card upon each visit and have it available for verification purposes when calling to make an appointment.

Obtaining additional information is easy. Simply call **Careington** at **1-800-290-0523** or see the back of your card for more information.

Placing your care first is what we do best. Thank you for the opportunity to serve you!

Sincerely,

IHC Health Solutions



Group ID: IAC-CORE

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**THIS IS NOT INSURANCE.**

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**Important:**

**24 Hour Access Nurse Line – Optum**

- For 24-hour assistance from a licensed, registered nurse, call 1-888-567-1437. You may enter PIN number 262 to access the audio library.

**Chiropractic & Other Complementary Health Care - American Specialty Health**

- Receive a 25% discount off normal fees at more than 20,000 complementary health care providers including more than 14,000 contracted chiropractors.
- To locate a provider, visit [www.choosehealthy.com/careington](http://www.choosehealthy.com/careington) or call us toll-free 1-877-335-2746, Monday through Friday, 5 a.m. to 6 p.m PST.

**Online Health Risk Assessment - Wellsource, Inc.**

- You have access to Personal Wellness Profile™, Online Wellness Center™, Health Activity Tracker™ and other health risk assessment tools. These tools will provide you the ability to identify health risk factors, create action plans, and customize a health and lifestyle activity tracking system. To access the Web site, visit <https://wellsuite.com/careingtoninternational/ws/> and create your user name and password to access the wellness site.

**For Florida Residents Only**

**Disclosures:**

1. **THIS PLAN IS NOT INSURANCE. THIS IS NOT A MEDICARE PRESCRIPTION DRUG PLAN.\***
2. The plan provides discounts at certain health care providers for medical services.
3. The plan does not make payments directly to the providers of medical services.
4. Plan members are obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with the discount medical plan organization.
5. Discount Medical Plan Organization and administrator: **Careington International Corporation**, 7400 Gaylord Parkway, Frisco, TX 75034; phone 800-441-0380.

Note to Texas Consumers: Regulated by the Texas Department of Licensing and Regulation, P.O. Box 12157, Austin, Texas 78711; telephone 1-800-803-9202 or (512)463-6599 website: [www.license.state.tx.us/complaints](http://www.license.state.tx.us/complaints). The program and its administrators have no liability for providing or guaranteeing service by providers or the quality of service rendered by providers. \*Medicare statement applies to MD residents when pharmacy discounts are part of program. This program is not available in Vermont and Montana.

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Alternative Health - American Specialty Health - (877) 335-2746  
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