



## My Community Care Private Health Care Centers



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## About the My Community Care Membership:

As part of the My Community Care, members now have the opportunity to receive treatment at health care centers throughout the United States. These locations offer medical care for injuries and illness, as well as preventive and health and wellness services. Services will vary depending on the health care center location.

**There are no co-pays or deductibles for the services offered** at the health care centers. This program is **NOT** medical insurance but a membership program.

Injury and illness services offered at the selected centers include medical, injury care and urgent care. Preventive and health and wellness services include flu shots, travel health, physical exams and wellness programs.

My Community Care members with injuries or illnesses are treated at the health care centers, on walk-in basis, with no appointment necessary. Non-urgent injuries and illness will be treated within the normal flow of waiting patients to help reduce wait times.

Members wishing to schedule an appointment are urged to do so for exams that require additional paperwork and testing. Additional information and appointment scheduling details will be included in the new member information packet upon enrollment in the My Community Care membership.

**Please note if you are experiencing a life-threatening illness or injury, you should go directly to an hospital emergency room.**

## My Community Care Private Health Care Centers

Below are a few examples of the services that members of My Community Care can receive in any of the nationwide partner health care center locations.

- Injury and illness visits / Work related injuries
- Lab and imaging services
- Annual. Work, School, Sports or DOT physicals
- Vaccinations
- Cold and flu / Strep Throat / Allergies
- Sprains / Back Pain / Strains
- Urinary Tract Infections
- Minor Burns
- Sinus infections / Ear infections / Eye infections
- Bronchitis
- **Some services will vary depending on services offered at health care center locations.**

**No Deductibles  
or Co-Payments**

**No Exclusions  
for Pre-Existing  
Conditions**

***This membership  
program is not  
insurance.***

# Additional Member Benefits Included



## CallMD 24 Hour Nurse / Doctor Hotline

You and your family receive five doctor consultation visits a year with CallMD and unlimited number of calls to the 24 hour nurse line.

## Discount Prescription Card

- Receive discounts on generic and name brand drugs.
- No forms to fill out, no age limit and no pre-existing conditions
- Purchase a 90 day supply via mail and save even more.

## Galaxy Health Network - Diagnostic Imaging and Lab

Utilize My Community Care nationwide lab partners and diagnostic imaging network for lab work and advanced radiologic procedures Save 10-80% on MRI and CT scans multilingual customer service reps assist members with location selection and scheduling of diagnostic-imaging appointments

## Discount on Physicians & Specialists away from Healthcare Centers

When members are seen at one of the My Community Care partner centers and require follow up with a specialist, such as a cardiologist, members utilize the Galaxy Health Network of physicians and receive discounted rates.

## DSMI - Diabetic Care Supplies

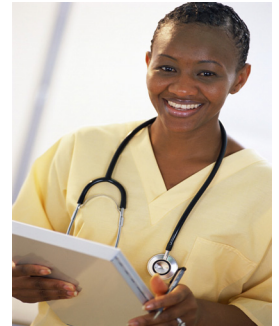
Discount on diabetic supplies. Free glucose meter and monitoring service available.

## Discount Chiropractic and Physical Therapy Services

Utilize Galaxy Health Network's nationwide network of 17,000 providers Members enjoy a 25-30% discount on all treatment services and individualized treatment programs.

## Preferred Vision Care - Discount Plan

- Save 5% to 60% on eyewear at over 12,000 locations.
- Save on LASIK surgery.
- Save 5% to 20% on replacement contact lenses through the mail order service.



**Monthly Membership Rate: \$84 per month for member or \$99 member, spouse & children.**



## Using your benefits is as easy as 1-2-3!

### Find a healthcare location near you:

Follow the instructions for our special website:

[www.mycommunitycare.com](http://www.mycommunitycare.com) User name - **AlterNet** password - **MEMBER** to find your nearest location or call a My Community Care representative at 888-884-2582. (8:00 am to 5:30 pm EST)

### Be sure to bring;

- Your My Community Care ID Card
- Photo ID

## Frequently Asked Questions:

**Q** Is the My Community Care Membership Program insurance?

**A** No, this is a non-insurance membership program; therefore, there are no co-pays or deductibles to meet. The membership entitles you and your family access to My Community Care health care centers throughout the United States.

**Q** Will I receive a membership card?

**A** Yes. Upon completion of the enrollment process you will receive a personalized membership card along with additional membership information.

**Q** Can family members also use the benefits of the My Community Care Membership program?

**A** Yes. The My Community Care membership provides the same benefits of membership to spouses and dependent children over the age of six months (some age limits may apply). Dependent children may remain on the membership until they reach age 26.

**Q** Are pre-existing conditions treated at the My Community Care Centers?

**A** Yes, since this is a non-insurance membership program, people with pre-existing conditions are covered as long as they are over the age of six months and are not under the current care of a specialist or need to be under a specialist's care.

In short, virtually any medical condition that requires immediate attention – but isn't an emergency – can be treated at a My Community Care Private Health Care Center. My Community Care providers are experienced in treating both simple and complex cases.

***If you are experiencing a life-threatening illness or injury, you should go directly to an emergency room.***

***My Community Care's membership program is not insurance, nor is it designed to replace any insurance program.***



**For more details call:**

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