



### Where is the MetaClinic?

More MetaClinics are being added to the network every day. To find the one most convenient for you please call us - 844-774-4325.

### Can I just walk in if I'm sick?

Not yet. The plan may allow walk-in urgent care sometime in the near future, but for now, you need an appointment.

### I'm 98% convinced.

### Remind me again why this is so great.

The best way to understand what an incredible benefit this is would be to visit a MetaClinic and see for yourself. But until then, here are the top five reasons that your employer has given this membership as an added benefit to you:

1. There's no waiting for a doctor - your appointment is only for YOU.
2. It costs you NOTHING – for appointments, labs, or generic meds.
3. It saves you time – no more wasted trips to the lab or pharmacy.
4. Your whole family benefits from MetaClinic membership.
5. It saves your organization money. (and that's good for everyone!)

**Start saving money and enjoying all the benefits of your MetaClinic membership today! Schedule your first appointment by calling 1-844-774-4325.**



[mymetaclinic.com](http://mymetaclinic.com) • 1-844-774-4325



# Welcome!

## You have an incredible new health benefit!



## Look inside to learn more!

You now have a membership in MetaClinic in addition to your existing health insurance plan. Getting great care at MetaClinic is optional for you and your family members. You can use it at no cost to you. No insurance, no co-pay, no deductible.



### **What is a MetaClinic?**

A MetaClinic is a full-service, primary care medical practice staffed by board certified doctors, physician assistants, and nurse practitioners.

### **What does my membership entitle me to?**

As a member, you can come to the MetaClinic for all of your primary care office visits, your lab work, and most of your generic medicines. All at NO COST to you. Appointments are all exactly 20 or 40 minutes, so there is NO WAITING. And since you can get most of your meds and labs right here, you save wasted trips to the pharmacy and lab.

### **Is there someone on staff that can help me get healthier?**

You bet. One of the great features of MetaClinic is the Health Coach. If you want to lose weight, stop smoking, quit taking some of the medicine you are on, or just live a healthier lifestyle, your MetaClinic Health Coach can help. At NO CHARGE. First, talk with the MetaClinic doctor about your goals, and then the Health Coach will be brought in to help develop a plan to help you make lifestyle changes in a healthy way

### **What if I DON'T currently have a primary care or family doctor?**

You're in luck. That's what MetaClinic is designed to do. Not only can we provide all your primary care needs, but we can also refer you to local specialists when you need more advanced treatment.

### **What if I DO currently have a family doctor?**

Not a problem. You have two choices. If you decide you'd like to switch to MetaClinic as your new team for primary care, we will be happy to help you make the transition, including getting your family's records from your existing physician. OR, if you prefer to keep your primary care doctor for now, you can still take advantage of MetaClinic services for labs and generic meds (but you will still have to make an appointment to see our provider.)

### **What is the first thing I need to do?**

To activate your MetaClinic membership, all you have to do is call 844-774-4325 and schedule your first visit. This initial visit may take a little longer to allow the provider to review your medical history and set a baseline for your care. After that, feel free to use all the MetaClinic services you need.

### **How do I schedule my first appointment?**

Go online to [mymetaclinic.com](http://mymetaclinic.com) where you can schedule your appointment and even fill out your initial paperwork to save more time. Then call us at 844-774-4325. Appointment days and hours vary by MetaClinic location. Our goal is to make it convenient, so there will be some appointments in the morning, some in the afternoon and some in the evening. After your first visit, our member services team will provide the information you need to access your MetaClinic records and make appointments on-line.

### **Can my family members go there too?**

Of course. We encourage anyone who is covered under your current health plan to utilize the MetaClinic. Because the more people who use these services, the more money you save.

### **How does it work with my insurance?**

The MetaClinic is an option to use for your primary care and doesn't require your insurance. Rather than going to your family doctor and using your insurance card, paying the co-pay and deductible, all you have to do is make an appointment and show up on time. If you need lab work, the MetaClinic staff will take care of that. If you need generic medicine, and the MetaClinic stocks what you need, you leave with it in your hands. All at NO CHARGE TO YOU. And with NO EXTRA TRIPS to the lab or the pharmacy.

### **If another doctor wants me to have lab work done, can I get it done at the MetaClinic?**

Sure can. Just make an appointment with the MetaClinic, bring your lab order with you and it will be done on the same visit (if you need to fast, and didn't before doing the lab, a 10-minute follow-up visit will be scheduled). The MetaClinic provider needs to see you though, so don't forget to make an appointment first.