# "I want more from my health plan. What does Fallon offer?"



# Healthy perks designed to give you the most for your health care budget

## Free mobile ID card app

Get your Fallon member ID card on the go with our smartphone app. With this app you can view your ID card, see your copays, plus email or fax an image of your card to your doctor, hospital or pharmacy. Just scan the QR code to the right to download, or search for "Fallon Member ID card" in the iTunes App Store or Google Play.



#### **Eyewear discounts**

Members save up to 35% on frames and get additional discounts on contact lenses, laser vision correction and nonprescription sunglasses—at thousands of locations nationwide.

## **Quit to Win**

Fallon offers a successful guit smoking program, called Quit to Win. Our experienced, supportive Quit Coaches will help you develop a quit plan, made just for you. Fallon Health members may join this program for free.

Phone coaching consists of individual telephone coaching sessions that can take place anywhere you're comfortable, including your own home. The calls are led by our Quit Coaches. During these calls, you'll get support, counseling and quitting tips. We also offer text message support.

Contact us at 1-508-368-9540 or 1-888-807-2908 (TRS 711), Monday through Friday from 8:30 a.m. to 5:00 p.m. Or you may email QuitToWin@fallonhealth.org.

## 20% discount online and in-store at CVS/pharmacy

Available on more than 1,500 CVS/pharmacy-brand health-related products—valid at any CVS/pharmacy store or online at cvs.com.

#### Oh Baby!

A health and wellness program for parents-to-be, Oh Baby! provides some of the "little extras" like prenatal vitamins, a child care book, a home safety kit, plus a free convertible toddler car seat and breast pump.

#### **Nurse Connect**

Got a question at 3 a.m.? For those times when you're not feeling well, but don't think it's an emergency, call the registered nurses at Nurse Connect. Fallon GIC members get free access—by phone and online—24 hours a day, seven days a week, 365 days a year.

#### **Disease Management Program\***

If you have asthma, diabetes, chronic obstructive pulmonary disease, heart disease or heart failure, the Disease Management Program could be for you. In this voluntary program, you'll work with your own health educator or nurse. You'll talk about ways to slow your disease, how to be healthy for longer periods and how to improve your quality of life.

Contact us at 1-800-333-2535 (TRS 711), Monday through Friday from 8:30 a.m. to 5:00 p.m.

\*With the exception of asthma, these programs are for our members who are at least 18 years old.