CareHere!

www.CareHere.com

For Employees Participating in the Citrus County Schools Insurance Benefits Plan:

CareHere takes an old idea and makes it new again: *Instead of you going to the doctor, the doctor comes to you!*

It’s completely voluntary and private. Your medical information will not be shared with your employer.

CareHere serves you in several ways that help lower your cost and improve your health.

1. The Doctor Comes To You

Our medical professional and assistant come to your office. Appointments are voluntary and confidential.

- No long waits in the waiting room. *Generally, you are in and out in less than 30 minutes!*
- No employee co-pays or deductibles.
- Spouses and dependents are included.
- Your current health plan does not change.
- *Selected* medications are dispensed at no charge.

2. Personal Health Risk Analysis

You can participate in an HRA and receive a personalized health analysis with interpretations and trends.

- Provides early indicators and suggestions for expensive conditions.
- Physician is available to explain conditions and treatments.

- Your Health Risk Assessment and lab work results are available to view online.

3. Employee Education

The latest in scientific-based medicine is provided online.

- Developed by the MedlinePlus of the National Institute of Health and the world renowned Mayo Clinic
- Over 150 conditions in both clinical and consumer formats.
- Many conditions include graphs and pictures to improve understanding.

<table>
<thead>
<tr>
<th>Cholesterol Groups: Total Cholesterol</th>
</tr>
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<tbody>
<tr>
<td><strong>Your Value</strong></td>
</tr>
<tr>
<td><strong>Your value is elevated compared to the goal total cholesterol of less than 200. Your total cholesterol value is too high, and puts you in a high cardiac risk position. Please consult with your physician in the short term to discuss both lifestyle modifications (diet, exercise, body weight) and medications that will target reducing your total cholesterol to more acceptable levels.</strong></td>
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<table>
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<tr>
<th>Your Rating</th>
<th>[ borderline ]</th>
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<tbody>
<tr>
<td>Lab Dates (First date is the most recent)</td>
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4. Reporting & Other Benefits

You have access to a rich set of reports and other benefits.

- Printed report mailed confidentially to your home once a year.
- Online Lab Results
- Online Appointment System
- Eligible dependents and welcome to use the clinic.