



# MyHealth Advantage

## Help your employees see a bigger picture of their health

MyHealth Advantage connects your employees to claims, doctor reports, personal health history, and other information. If we see ways they could improve their health or save money, we'll send them a MyHealth Note — a confidential health summary that includes:

- Money-saving tips
- Prescription drug updates
- Reminders for checkups, tests, and exams
- A list of recent claims and prescriptions
- General health tips

The program can help keep health issues from developing or becoming serious, and that means lower healthcare costs down the road.

MyHealth notes can be mailed or accessed on our Sydney Health app.

<First name>, these suggestions help you work closely with your doctor on your care. Plus, you may even save on care costs. If you've already taken action on some of these, that's great news! We're so glad you're making your health a priority.

### Suggestions for you

**Call your doctor**  
Ask your doctor about your [PK\_M\_011] dose. A recent blood test shows your red blood cell count is high. Your prescription claims show you [PK\_M\_011] which raises red blood cell counts. Current medical research suggests this drug may cause blood clots if your red blood cell count is high. If you have not changed your [PK\_M\_011] dose recently, ask your doctor about it soon. Keep taking this drug as directed unless you talk to your doctor.

**Save money**  
Don't pay too much for lab tests. Claims show you recently had tests done at a costly lab. You could save money by using a preferred lab, such as LabCorp or any other independent lab in your pool. These labs charge less for the same test. To find a preferred lab near you, call the Customer Service number on the back of your card. When you see your doctor, ask for a prescription that you can bring to that lab.

**Medical info**  
Know the warning signs of heart attack and stroke. If you're having a heart attack or stroke, time works against you. You need help as fast as possible. By recognizing the signs, you can save minutes, and maybe your life. If you're having chest pain, pressure in your arm or jaw, trouble breathing, or you feel sick and sweaty, you could be having a heart attack. Sudden weakness on one side of the body (face, arm, leg), difficulty seeing, speaking, or understanding, keeping balance and walking, or sudden and severe headache could be signs of a stroke. Call 911 right away.

**Health tip**  
Ask your doctor about your warfarin dose. Claims show you [PK\_M\_011] blood thinner, and lab results show your blood clotting time is not consistently what it should be. The American College of Cardiology and the American Heart Association indicate that too much blood thinner may cause bleeding, and too little may not lower your risk of stroke. If your warfarin dose has not been changed recently, ask your doctor about it soon. Keep taking this drug as directed unless you talk to your doctor.

### Your recent prescriptions

Date	Drug name	Quantity	Days
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX

### Screenings and services you may need

Service	Last one	Due date	Ask your doctor
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX
XXXX	XXXXXX	XX	XX

Just a friendly reminder to talk to your doctor about preventive care screenings, like checkups or tests. If you need help finding a doctor, visit your plan's website or call Member Services. For questions about this note or to get out of future notes, call us at 1-866-408-7197, TTY: 711 Monday through Friday, 8 a.m. to 11 p.m. ET or Saturday 9 a.m. to 5:30 p.m. ET.

Visit the center for Healthy Living for cost savings \$20 or \$40 office visits, free health coaching, tier 1 lab services and advice on your medications. Go to [parade.edu/healthyliving](http://parade.edu/healthyliving) or call 1-765-684-0111.

**MyHealth Note**  
A confidential health care summary for <FirstName>. Your member reference #: <XXXXXXXXXXXX>