

long term care
connection

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things to know
When to use antibiotics

You wouldn't use a hammer to turn a screw. It's the wrong tool. Taking an antibiotic when you get a cold or the flu won't work either.

That's because these illnesses are caused by viruses. Antibiotics only work against bacteria.

Taking antibiotics when they aren't needed can even do harm. It can make bacteria stronger. The next time you need the medicine, it might not work.

To make sure antibiotics work when you need them:

- Take them just as your doctor tells you to. Finish all the pills, even if you feel better.
- Let your doctor decide if you need them.
- Never take other people's medicine.

It might not be right for your illness. You could even get sicker.

Source: U.S. Centers for Disease Control and Prevention



Disease management plans
Keeping you in charge

It's always good to have a plan—especially when it comes to your health.

That's why a disease management plan can be so important. The plan serves as a guide for those with chronic illnesses, such as diabetes, heart failure or asthma. Being prepared can help you stay in control of your disease and feel better.

By taking part in one of our disease management plans, you can:

- Learn more about your disease and how to treat it
- Have closer contact with the members of your health care team



- Get help more quickly if you need it
- Reduce your risk of having problems or ending up in the hospital

If you have a chronic illness, call us. We can answer your questions and help you sign up for one of the plans we offer.

We're here for you



Call our Behavioral Health Crisis Line at
(800) 888-1477.

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When you have other insurance

If you or your family members have more than one health plan, please let us know. It may change the way our services are paid.

When someone has two health plans, one is considered the primary plan. The primary plan pays first and the other pays second. The second plan may also pay for covered services that the first plan did not pay.

Examples of other plans include:

- Insurance from a job
- Medicare

Telling us about all of your health plans helps prevent delays in payment.

You will still get all of your covered benefits.

Call Member Services if you have questions.



Understanding your prescription benefits

Mercy Care Plan helps you pay for the drugs your doctor says you need.

But Mercy Care Plan doesn't pay for every medicine. Those that we do cover can be found on a list called a formulary. We update this list every month. You can get a copy by calling Member Services or by going to our Web site at www.mercycareplan.com.

Your health is important to us, so we talk to many experts when we put our formulary together.

Every time your doctor prescribes a new drug, ask him or her to check if it's on our list.

If it's not, he or she can:

- Give you another drug that works the same way but is on the list.
- Talk to us about what drugs are covered. We may pay for

Call Member Services for a list of covered medicines.

a drug that's not on the list if your doctor says you should have it. Your doctor simply fills out a form and sends it to us. A team will review it and give your doctor a decision.

If you have questions about what medicines are paid for, call Member Services.

**Give yourself the best present ever—
peace of mind.**

Get a mammogram and well-woman exam every year.