

MyHealth Note[®]

Important Telephone Number

MyHealth Note Help Line: 1-866-408-7197
Monday through Friday 8:00 am to 11:00 pm (Eastern time)
Saturday 9:30 am to 5:00 pm (Eastern time)



P.O. 26016
Richmond, VA 23260

James W. Public
Some Apt. #
1234 Some Street
Some Town, State 99999
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How to Use MyHealth Note

- Review your recent medical and prescription claims. If you have questions or concerns about the claims listed, please call the customer service number on the back of your ID card.
- Save money on prescription drugs and other health care services
- Learn about special programs recommended for you
- Share this report with your doctors - they will find it useful

Suggestions for You

MyHealth Note suggestions are designed to help you and your doctor improve your health and, at times, save you money. They aren't meant to replace your doctor's advice. They are based on medical and pharmacy claims filed by the date shown inside MyHealth Note. Since then, you may have taken action on these suggestions for you. If you have already, this is great news!

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FOR PRESENTATION PURPOSES ONLY



MyHealth Note

A confidential health care summary for

James W. Public
December 2009

Suggestions for You (details inside)



Ask your doctor about medication to prevent migraines



Keep taking metformin as directed



Save money by switching from Coumadin



Exercise regularly to stay healthy

Share this report with your doctors

Your Medical and Pharmacy Claims

Suggestions for You

Your recent medical and pharmacy claims as of

October 23,2009

Suggestions are based on your available claims as of

October 23,2009

Date	Service / Prescription	Qty	Days	Doctor/Prescriber(†)
Visits				
10/17/09	Office Visit	--	--	Wilson, Michelle L.
10/10/09	Office Visit	--	--	Lynn, Samuel F.
08/15/09	Office Visit	--	--	Lynn, Samuel F.
07/12/09	Office Visit	--	--	Jones, Terry M.
07/02/09	Office Visit	--	--	Wilson, Michelle L.
Prescriptions				
10/12/09	Nexium - 20 mg	30	30	Lynn, Samuel F.
10/01/09	Coumadin - 5 mg	30	30	Jones, Terry M.
09/10/09	Nexium - 20 mg	30	30	Lynn, Samuel F.
09/10/09	Zomig - 2.5 mg	09	30	Lynn, Samuel F.
08/23/09	Coumadin - 5 mg	30	30	Wilson, Michelle L.
08/18/09	Accupril - 20 mg	60	30	Lynn, Samuel F.
08/18/09	Zomig - 2.5 mg	09	30	Lynn, Samuel F.
07/12/09	Accupril - 20 mg	60	30	Lynn, Samuel F.
Other Medical Services				
10/23/09	Cholesterol Panel	--	--	LabCorp Laboratories
09/28/09	Ambulatory ER Visit	--	--	St. Lucy's Hospital ER
09/26/09	Medical Equipment	--	--	Lynnwood Medical Mart
07/28/09	Metabolic Panel	--	--	LabCorp Laboratories
06/04/09	Head CT Scan	--	--	Radiology Assoc. - SFSL
04/15/09	Sinus XRay	--	--	Mercy Hospital - Rad

† Doctor/Prescriber listed may be another name from that medical office/practice.



Ask your doctor about medication to prevent migraines. [285] *

Your medical and prescription claims suggest you frequently take medication to treat migraine headaches after they occur. They also suggest you are not taking a medication to prevent migraines before they start. There are medications that may stop migraines before they happen. Call your doctor soon to ask if you should take a medication to prevent migraines.



Keep taking metformin as directed. [119]*

Although you recently refilled a prescription for metformin, your claims show you are not refilling it often enough. This drug can help lower your risk of heart disease, stroke and blindness. Talk to your doctor soon if you think this drug is not working, or if cost or side effects are a problem. Keep taking metformin as directed until you talk to your doctor.



Save money by switching from Coumadin. [3564] *

Asking for the generic form of a drug is a good way to pay less for prescriptions. Recently, you filled a prescription for Coumadin. Warfarin is the generic form of Coumadin, and it is as safe and effective as Coumadin. If you switch to warfarin, you may save money. Call your doctor or pharmacist to ask if you can make this switch.



Exercise regularly to stay healthy. [1004] *

Exercise is an important part of staying healthy. If you don't exercise, start slowly, working your way up to more intense exercise. Walk regularly, working up to a half hour a few times a week. Start making the walk harder or longer. And have fun! Join clubs, dance, swim, ride a bike, or find something else you enjoy. Check with your doctor before starting or changing your exercise program.

