

MMA Consumerism Card

The Consumerism Card is a benefit designed to help offset the high cost of health care expenses. It compliments any healthcare program whether you are enrolled in our plan or another.

Benefits include **telemedicine services** with no copay through **Teladoc**, as well as a robust **healthcare discount program**. These benefits are provided at no cost to you.

Go to [MyBenefitsWork.com/login](https://mybenefitswork.com/login) to search for participating providers in each of the benefits available through your membership in addition to looking up general information about how each of the benefits work.

If you have any questions or need assistance, you can call the Member Loyalty Team at [1-800-800-7616](tel:1-800-800-7616).

Get started with My Benefits Work:

1. Download the My Benefits Work app on the App Store or Google play
2. Use your Member ID and Group ID (on your ID card) to register
3. Enjoy your benefits!



We all have busy schedules. Seeing a doctor when you need to can be tough. Teladoc is a service that allows you to resolve your medical issues with U.S. board-certified doctors, 24/7, via telephone or online video consultations. Teladoc is not a substitute for the regular care of your doctor or if you have a serious medical emergency.

When is a good time to use Teladoc?

- If you're having trouble getting in to see your regular doctor
- If you're thinking of going to urgent care or the ER for a non-emergency issue
- When you're on vacation, on a business trip, or away from home
- If you need a short-term prescription refill
- If you'd like your lab results analyzed
- If you have a health-related question
- If you'd like a medical issue explained to you or you need a second opinion

How does it work?

Step 1. Medical history



You will need to complete your medical history online before requesting a consult.

Step 2. Request consult



Log on to your account or call Teladoc 24/7/365, to request either a telephone or video consultation.

Step 3. Talk with a physician



A board-certified physician licensed in your state reviews your medical history and provides a consultation over the phone or through video, just like an in-person visit.

Step 4. Resolve the issue



The physician recommends the right treatment for your medical issue. If a prescription is necessary, it is electronically sent to your pharmacy of choice.

Step 5. Continuity of care



The physician documents the results of the consultation in your medical history. Consultation information can be sent to your primary care physician.

How much does it cost?

There is **no cost** to you for Teladoc consultations.

What conditions does Teladoc treat?

Common conditions include sinus problems, respiratory infection, allergies, urinary tract infection, cold and flu symptoms, and many other non-emergency illnesses.

Discounts for health-related services from participating providers. These discounts are not insurance, and are not intended to be a substitute for insurance or your health plan.

- **Prescription drugs.** Save up to 85% on medications, such as antibiotics, that treat short-term illnesses and health conditions. Over 60,000 independent, national and regional chain pharmacies participate.
- **Dental care.** Save up to 50% on routine and specialty dental services, including orthodontia, when you use an Aetna Dental Access provider.
- **Vision care.** Save up to 60% on vision services and eyewear when you use a participating provider, such as LensCrafters, Pearle Vision and Target Optical.
- **Lab testing.** Save up to 80% on the retail cost for blood tests and other lab testing, including wellness and anti-aging tests. You do not need an order from your doctor. Place an order for the tests of your choice, and have them performed at a LabCorp facility.
- **MRIs and CT scans.** Save up to 75% on the usual charges when using radiologists and imaging providers affiliated with NextImage Direct.
- **Diabetic supplies.** Save up to 50% on diabetic supplies with Diabetic 360. Package pricing and supplies are based on the number of times you check your blood sugar each day.
- **Hearing care.** Free hearing screening and discounted hearing aids are available from Beltone and Newport Audiology.
- **Vitamins.** Save up to 80% on vitamins and nutritional supplements when you order online or over the phone from Vitacost. Receive another 10% discount when you use the referral code.
- **Medical travel assistance.** Services are available if you suffer an injury or illness while traveling at least 100 miles from home. Benefits include emergency medical evacuation, medical and dental referrals and facilitation of hospital payment.

When presenting the Consumerism Card to providers, please make sure they understand it is not “secondary insurance,” but a discount card.