



We Want Your Feedback!

Meridian may hold focus groups to get opinions and your feedback to help us improve our care to you. Contact Member Services if you are interested in participating in a focus group.

Important Phone Numbers

Member Services:	888-437-0606 (toll-free)
MeridianRx:	866-984-6462 (toll-free)
Your primary care provider or doctor:	
Other:	



MeridianHealth and Your Prescription Needs

MeridianHealth (Meridian) works with MeridianRx to fill member prescriptions. MeridianRx uses clinical help from providers, pharmacists and other healthcare experts to come up with a safe drug list called a Formulary.

The Meridian Formulary is a generic plan. This means that generic drugs are given instead of brand name drugs when they can. Meridian covers many drugs without restrictions. Some drugs have limits or restrictions. Here are some types of limits you will see on the Formulary:

Prior Authorization (PA):

Gives facts about your health and why you need the drug. The drug must be reviewed and approved by MeridianRx before it can be filled

Step Therapy (ST):

A first-line drug must be tried before you can get a different drug for the same reason

Quantity Limits (QL):

A limit of how much of a drug you can safely take each month

Your provider needs to fill out a PA form and send it to MeridianRx if you need a drug that has a PA limit. An Exception form is required if you need a drug that is not on the Formulary. Your provider can find these forms on our website at www.mhplan.com.

MeridianRx does not cover drugs for:

- Cosmetic purposes
- Sexual dysfunction
- Experimental purposes
- Drugs that are not licensed in the U.S.



You can see the Meridian Formulary at www.mhplan.com under Pharmacy or call Member Services at **888-437-0606** for a printed copy. Call MeridianRx at **866-984-6462** if you have any questions about drug coverage.



Protecting Your Health Info

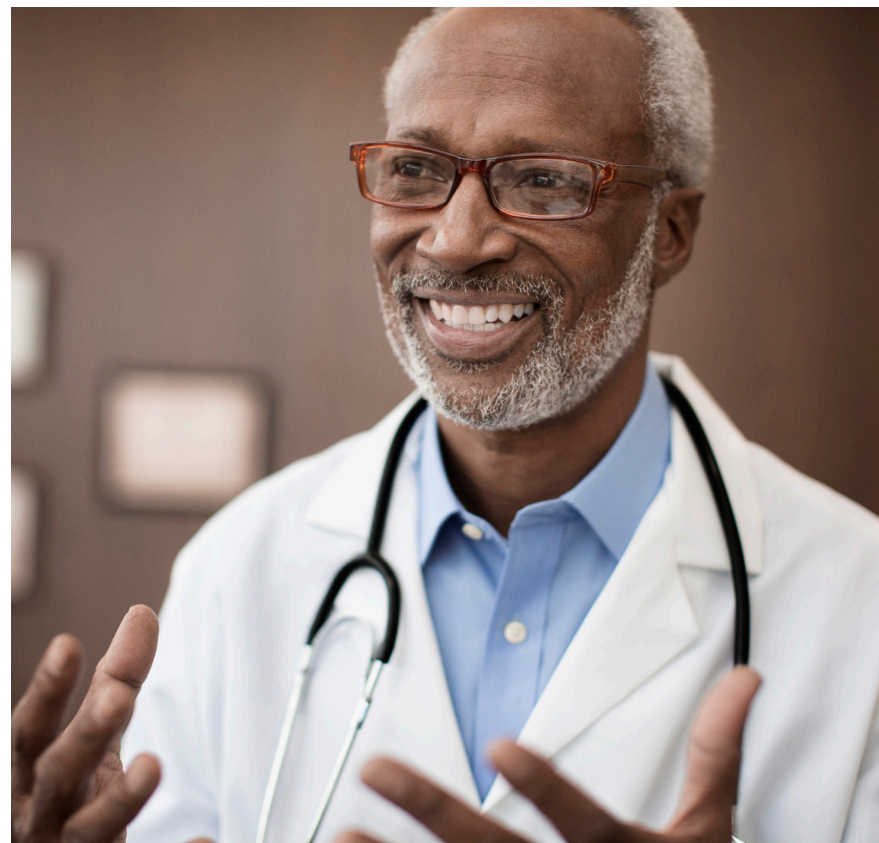
We are required by law to keep your information private. Our Notice of Privacy Practices (NPP) tells you how we can use information we have about you. The NPP is in your handbook and online. Unless you give us written permission to share your information, we will only share it for the purposes of:

- Treatment
- Payment
- Healthcare operations
- When allowed by law to do so

If you need a printed copy, call Member Services.

What is a Primary Care Provider?

A primary care provider (PCP) can be a doctor, but it can also be a nurse practitioner, physician assistant or a clinical nurse specialist. It's important that you choose someone who you are comfortable speaking about your health care with and a person who will help guide you to better health!



Choosing the Right PCP

If you are nearing young adulthood, you should take the first step toward playing an active role in your health care by choosing a PCP. You can call Member Services at **888-437-0606** for help choosing a PCP that will work for you.

Member Rights and Responsibilities

You have rights and responsibilities as a Meridian member. Our staff and providers must respect your rights. A list of Member Rights and Responsibilities are in the Member Handbook. The Member Handbook can be found online at www.mhplan.com. You can also call and ask us to mail you a copy. Please call **888-437-0606** if you want a printed copy or have questions.

We Have You Covered!

Meridian cares about your health and safety. We want to make sure you get the care you need and protect your health information. General information on how we keep you protected and make sure you get the best care possible includes making sure you know what services are covered and not covered through Meridian. You can **refer to your Member Handbook for more info on benefits and access to medical services.**



You can find your Member Handbook online at www.mhplan.com. You can also call **888-437-0606** to ask for a printed copy.



The Truth About Flu Shots

Flu season is coming. Did you know that you cannot get the flu from a flu shot?

The flu vaccine is made using either an inactive flu virus, or a single gene from the virus to create an immune response against the virus without giving you an infection.

Join the millions of people who get flu shots so they can help keep everyone close to them healthy too. Also, you can get the vaccine at no cost to you! Contact Member Services for information about where you can get your annual flu shot today!

Childhood Diseases You Should Know About

You can protect your child against 14 serious childhood diseases, such as measles and whooping cough (pertussis), by staying up to date on vaccines. Visit www.cdc.gov and enter "14 diseases you almost forgot about" in the search bar to learn more about vaccine-preventable diseases.

