

October 2009

Welcome to the October issue of *PlusNotes for Members*, your source for news on your health plan and healthy living information.

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P+ offers NEW Individual and Family Health Plans

Physicians Plus is happy to introduce redesigned **individual and family health plans**, with a wide variety of designs available. Like our group plans, members get access to an unmatched panel of doctors, anytime online access to health plan information, a suite of incentive-based wellness programs and more. If you know someone in need of an individual or family plan, advise them to contact **Physicians Plus** and find out why choice is the best kind of insurance!

Don't Miss the First-Ever P+ Ballpark Blast on Oct. 24

Join us for the **Ballpark Blast at the Duck Pond** on Saturday, Oct. 24 from 10 a.m.–Noon at Madison's Warner Park. Kids 12 and under can swing, throw and run like their favorite baseball players in a variety of fun and active games on the Mallards home field. There will be special activities for kids three and under as well. For fast and easy registration, simply print and complete the registration form and bring it to the event on the 24th!

Tip off Badgers Basketball Season with P+

Mark your calendar for the Badger men's basketball **Red and White Scrimmage**, proudly presented by P+ on Sunday, October 25 at 5 p.m. at the Kohl Center. This is the only pre-season event for Bo Ryan's Badgers this year, and the only time players and coaches will be available to the public for photos and autographs. Admission is FREE for what is sure to be a fun family evening.

Don't Forget Your Flu Vaccination

Protect yourself from the seasonal flu by getting vaccinated. Physicians Plus recommends that its members schedule flu vaccinations with their primary care physicians. If you can't visit your PCP, adults can receive flu shots at **Meriter FastCare** locations (pediatric flu vaccinations begin in November and require an appointment). Reimbursements for flu shots received at FastCare or other walk-in clinics are available for P+ members; save your receipt and send a copy to **Member Service**. And stay tuned to **Meriter** and **Physicians Plus** for the latest seasonal and H1N1 flu information.

Tell Us What You Think

Physicians Plus wants feedback, suggestions and ideas for improvement from you! All ideas are reviewed, so if you have a suggestion, please let us **know**.