

PlusNotes for Members

June 2009

Welcome

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

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Green & Gold Training Camp is July 18

Mark your calendars for July 18 and don't miss our [Green & Gold Training Camp](#) at Madison's [Henry Vilas Zoo](#). For the second year in a row, our fun and active mini training camp will be led by Green Bay's Donald Driver and Edgar Bennett! Kids ages 5–12 will “work out” and have fun with the pros, and 10 lucky kids will win a football personally autographed by each player.

Green & Gold Training Camp is the third of our four GO Get Out! events in 2009. The seasonal events remind kids and their families that it's important to get outside and be active all year long. Please note: this event *is not* an autograph-signing. Save the date and join us at the zoo for this FREE, fun, family event!

P+ Keeps you Covered During Summer Vacations

Vacation season is finally here, and whether you travel near or far, your P+ health plan has you covered in case of emergency. Before you pack a bag, please take a minute to review what to do if you need emergency or urgent care outside the P+ service area: If there's a serious emergency, go to the nearest emergency department immediately and call Physicians Plus at (800) 545-5015 within 48 hours. If a less-serious medical problem comes up (sprain, minor cut, etc.), call your doctor or [NursePlus](#) (866-PPLUSRN) for advice. For all the details, or just to refresh your memory, check out your [member handbook](#).

Get your Back on Track with GO-TO Healthy Choices

The summer is a great time to be active outdoors. For many of us, that includes working around the house, playing with family, swimming at the beach or heading to the golf course. If you experience back pain, many (or all) of these activities can be trouble. [GO-TO Healthy Choices Care for Your Back™](#) provides a personalized plan to help you prevent and manage back pain. Make back care a regular part of your daily life, and make those everyday activities more enjoyable!

“FastCare” for your Busy Summer

As the weather warms up, you want to take advantage of outdoor activities while you can. You and your family can save time without sacrificing basic medical care by using [Meriter FastCare](#). FastCare retail clinics — located inside Shopko Madison East and West — offer treatment for conditions (like swimmer's ear) that can hamper summer fun, as well as other basic services, for a flat fee with no appointment necessary.

Please remember that FastCare clinics *are not* part of Physicians Plus's provider network, and services *are not* covered by Physicians Plus. As a P+ member you can receive standard FastCare services for just \$35 (lab tests and other services may cost a little extra). Simply identify yourself as a P+ member at time of service to receive the \$35 rate.

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](#).