



August 2010

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

In this issue:

- P+ offers online premium payment option
- Meriter MyChart now available
- Stop smoking with new Quit Line partnership

If you wish to unsubscribe, simply click the link at the bottom of the page.

### **P+ offers online premium payment option**

Physicians Plus is now offering an online premium payment option for you to pay your health insurance premium (online premium payment available for individual plan and direct billed members). The process is easy and convenient, and will take only a few minutes to complete! To pay your premium online, simply log on to your GO-TO account at [pplusic.com](http://pplusic.com) at anytime and make your payment. You can use your checking or savings account to make a payment and can schedule a payment up to 30 days in advance. Don't have a GO-TO account? It only takes a few minutes to setup. Visit [pplusic.com](http://pplusic.com) and click GO-TO.

### **Meriter MyChart now available**

Meriter now offers a convenient and secure way for you to access your medical information and so much more. [Meriter MyChart](#) provides you with the following benefits from the convenience of your computer:

- Schedule, cancel and view appointments.
- Securely send electronic messages to your health care providers.
- View your medications, allergies, immunizations, diagnoses, laboratory test results and billing information.

Meriter MyChart is free and easy to use, and available to P+ members with a primary care physician (PCP) at one of the Meriter clinics. To activate your MyChart account, visit [meriter.com](http://meriter.com) or ask a clinic staff member about MyChart at your next clinic visit.

### **Stop smoking with new Quit Line partnership**

Recent state budget cuts forced a significant reduction in free services provided by the [Wisconsin Tobacco Quit Line](#). Because Physicians Plus remains committed to helping its members quit using tobacco, it is the first state health plan to provide the [tobacco cessation services](#) formerly offered by the Quit Line at no cost to our members.

These services include a series of five calls with a quit coach and eight weeks of free nicotine therapy. Members receive confidential, personalized advice on how to quit, information on medications and assistance choosing a quit date and creating a quit plan. Wisconsin Tobacco Quit Line services at 1-800-QUIT-NOW (800-784-8669) are available every day from 7 a.m.–2 a.m. Quit Line staff will verify your P+ membership at the time of your call.

### **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](#).