

The CAREINGTON Total-Care Plan includes discount health and medical services from early 1,000,000 physicians, hospitals, clinics, dentists, optometrists and many other ancillary types of service providers.

Plus, you and your entire family will receive:

- Comprehensive Dental Care Savings
- Comprehensive Vision Care Savings including LASIK Surgery
- Comprehensive Prescription Drug Savings

That's not all...

The CAREINGTON Total-Care Plan offers additional savings averaging from 20 to 45% with service to millions of patients annually through over 350,000 medical Doctors including:

- Family Practice • Internal Medicine • Cardiology •
- Radiology • Neurology • Oncology • Orthopedic •
- Pediatric • OB/GYN • Allergy •

We're still not finished...there's more!

CAREINGTON Total-Care Plan also provides:

- 24 hour toll-free nurse on call
- Chiropractic Care Savings
- Free Access to Medical Information Library covering over 1,200 subjects

and remember...

With CAREINGTON Total-Care Plan there are...

- NO MEDICAL EXAMS
- NO PRE-EXISTING CONDITION EXCLUSIONS
- NO CLAIMS FORMS, and
- NO WAITING PERIODS (30-days for non-emergency hospital visits)

See how much you can save in one year!

Service Product	Regular Cost	Your Sample Cost	Your Savings	Your Annual Savings
Doctor Visits (4 per year)	\$120	\$90	\$30 each visit	\$120
Prescriptions (monthly)	\$100	\$80	\$20 per month	\$100
New Glasses (1 pair/year)	\$285	\$164	\$120 each pair	\$285
Dental Visits (4/year)	\$110	\$55	\$55 each visit	\$110
Chiropractor (monthly)	\$50	\$35	\$15 each month	\$50

Annual CMC Total Care Savings: \$880

Careington International Corporation, The Dental Network, places your care first

- * Average annual savings of \$1,200 per family on dental work
- * Over 24,000 providers nationwide
- * Save 20-60% on most dental procedures * Orthodontics included for both children and adults
- * All specialties included a 20% reduction on usual and customary fees where available
- * No limitations, deductibles, maximums, waiting periods or claims to file
- * All pre-existing conditions are included
- * 45 day risk-free trial period

Value-Added Vision Services with Cole Managed Vision Care

- * 45-60% discount on frames, lenses & lens options
- * \$5 off routine exams and \$10 off contact lens exams
- * 10% discount on disposable contact lenses
- * 20% discount on conventional contact lenses
- * Up to \$400 per eye discount on LASIK surgery
- * Unlimited frequency
- * Over 9,000 providers nationwide include Target Optical, Pearl Vision, Sears Optical, JC Penney Optical, and more

24 Hour Nurse's Help Line

- * Toll-free and fully confidential availability to registered nurses, 24 hours a day.* Access to a library of audio tapes on over 450 health topics.

- * Information about self care techniques for common symptoms.
- * Explanations on what to expect during a medical test.
- * Help from a registered nurse who can answer questions regarding:
 - Diagnostic and surgical procedures
 - A recently diagnosed medical condition
 - Prescription and over the counter medication information
 - Home medical emergencies

This service can help members become more knowledgeable about health care services and more comfortable working in partnership with their health care providers.

Diabetes Management with Liberty

- * Your diabetes testing supplies are delivered with NO shipping charges
- * You will save 15% off the average wholesale price
- * Liberty will help you to comply with your prescribed treatment regimen
- * All of Liberty's high quality products come with a 30-day 100% satisfaction guarantee.
- * Save on blood glucose meters, lancets, test strips, insulin and syringes, insulin pumps, and accessories including therapeutic shoes & HbA1c test kits

Additional Savings on Hearing with Hear-PO

- * 30% discount on hearing evaluations and exams
- * 50 to 60% discount on hearing aids
- * Follow-up services at no charge for one year
- * Access to over 1,600 locations nationwide
- * Provided by the manufacturers of the nation's largest provider of top-quality hearing instruments, HearPO

More Savings on Chiropractic and Complementary Health Services

- * Unlimited visits and no limits on access to care
- * Save 10% to 30% from:
 - Chiropractors, Dieticians, Holistic Health Practitioners, Herbal Consultants, Acupuncturists, Massage Therapy and Body Work
- * Save 10% to 30% on these popular programs:
 - Yoga, Meditation, Relaxation Therapy, Reflexology, Nutrition, Tai Chi/Chi Gong
- * Save 25% on Vitamins and Nutritional Supplements