# **Member Handbook**

Healthcare Highways Health Plan



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# Contact us

#### **Member Support**

#### Customer Experience Team 844.869.5640

One team to answer all your member questions including claims, benefits, lost ID cards, finding a provider, and precertification.

**Pharmacy Help Desk 844.636.7506** 

#### Additional Information

Healthcare Highways HQ One Cowboys Way, Ste. 290

Frisco, TX 75034

OK Regional Office 4013 N.E. Expressway

Oklahoma City, OK 73116

Web Address www.hchhealthplan.com

#### WELCOME TO HEALTHCARE HIGHWAYS HEALTH PLAN

Welcome to the Healthcare Highways Health Plan, your individual and family health coverage. Let us start by saying that everything we do is focused on you and your covered family members. Your good health and wellbeing are what makes us jump out of bed in the morning! We're so glad that you're going to be a member.

We are honored to be partnering with your employer to provide you with affordable, high-quality healthcare solutions. We currently serve almost 450,000 families and we find that members like you select our networks or health and pharmacy plans in order to have a more affordable choice, to have access to quality providers, and to enjoy our simple and convenient care experience.

#### We're here for you in whatever way works best for you.



#### Member Portals

Our member portals let you take control and look up information on your own.



#### **Customer Service**

Our customer service teams are ready for your call if you need more details or help.



#### Member Website

Your resources on HCHHealthPlan.com will provide you with everything you need in one easy spot.



## Quick Fact!

Your member ID cards and additional information will be arriving prior to go-live. At that time, you'll receive simple instructions on activating your membership and accessing your member portal.

Until then, know that we are paving the way for a smooth transition to your new Healthcare Highways Health Plan.

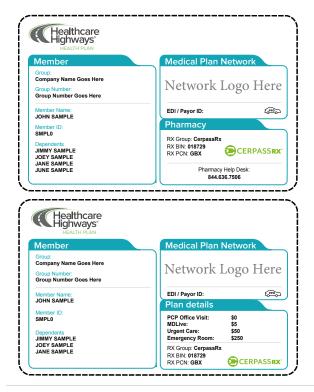
# Challenging Healthcare to do better.

Healthcare Highways delivers measurable healthcare value to employers, plan members, and service providers. Our mission to "challenge health care to do better" makes us committed to building flexible, affordable health plan solutions to optimize your employee healthcare expenditure with transparent, high-performance networks, care coordination, and full pharmacy-benefit management options for small and large businesses, and hourly and part-time workforces.



# Healthcare Highways Health Plan Mock ID Card

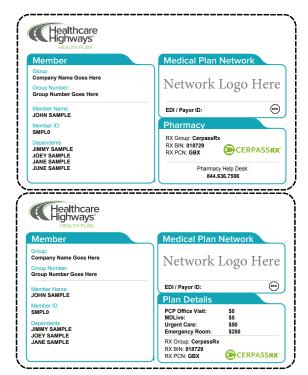
#### FRONT | PPO Example



#### BACK | PPO Example



#### FRONT | EPO Example



#### BACK | EPO Example



# **Healthcare Highways Network**

## Finding an in-network provider

Welcome to Healthcare Highways! We're honored to be your healthcare partner. Let's help you find your in-network provider. You have two ways to search for a provider:

1

#### Do it yourself.

Go to www.HCHHealthPlan.com and follow the simple instructions below.

2

#### Let us help you.

Call our Customer Care Provider Look Up at 844.869.5640. We're available Monday through Friday, 8am to 5pm CST.



## **Online Search**

Follow our simple search instructions.

#### STEP 1

Go to www.HCHHealthPlan.com

#### STEP 2

Scroll down easily to the **Find a Provider** section on the main page.



#### STEP 3

Choose your state, and using your Member ID card, match the network logo on your card with one of the logos shown on your screen. Click on your matching logo name.



#### STEP 4

Start your search by entering your search location. Provide an address, city, or zip. You also have the option to allow us to use your current location.

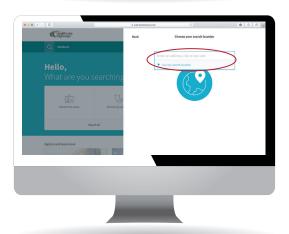
#### STEP 5

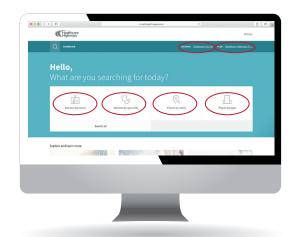
Now you can start your search for doctors, hospitals, specialists and more by selecting the icons on the main dashboard.

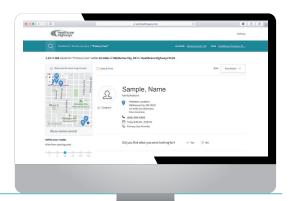
At any time you can check to make sure that your location and network information are correct. Do this by viewing what is displayed it in the upper right hand corner. It should reflect your location in Oklahoma as well as Healthcare Highways Plus network next to the plan.

#### STEP 6

A list of one or more providers will appear, depending on your search parameters. Scroll to select your provider. Within each listing, you'll find basic contact information. You may click on 'directions' to get turn-by-turn driving instructions. Print or save your results.





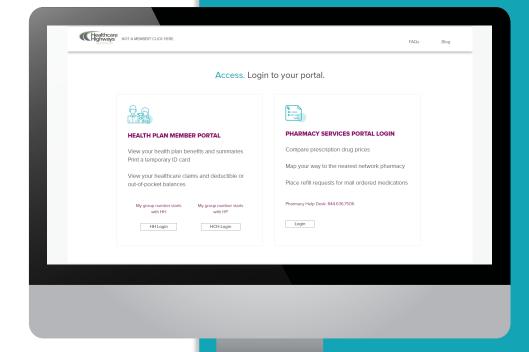




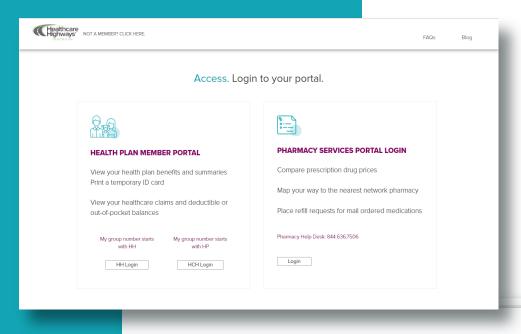
Welcome to your
Healthcare Highways
Health Plan web Portal.
This portal stores all your
personal, claim, and
eligibility information, plus
a whole lot more. This
guide will step you setup
and use this powerful
tool.

**Step 1:** Launch Internet Explorer and connect to www.HCHHealthPlan.com

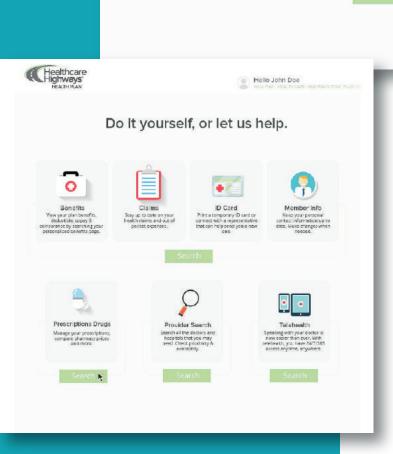
**Step 2:** Scroll down the home page to the portal login section and choose your desired portal.







Step 3: On the main page you'll see an option to access your Member Portal by group number. Click the "login" button that references group numbers that start with "HH" or "HCH". You can find your group number located on your ID card.



You'll now be at the log-in page. If you have already registered and have a log-in and password, you can sign in right away. If you haven't created an account yet, click "Sign Up" and continue entering all the required information to create a username and password.

**Step 4:** Now you will see all the options to check benefits, view claims, print a sample ID card or edit member info.

Step 5: Click Search.

Member Login

New Member? Sign Up

Username
Password



Once you are logged in to your Member Portal, you have access to several functions. The following pages explain these features:

- Member Landing Page
- Member Dashboard

# **Member Landing Page**



#### **Pulmonary Hypertension Month**

You've probably heard the term hypertension and know that it means high blood pressure. But when you add "pulmonary", it's referring to the lungs. That means that pulmonary hypertension (PH) is high blood pressure in the lungs. How would you know if you have PH? You should talk to your doctor if you have any of these symptoms:

- Shortness of breath
- Chest pain Dizziness
- Fainting Loss of energy Swelling in your arms, legs, ankles or abdomen
- · Dry cough

Some of the symptoms of PH are also indications of other things. That's why it's important to see your doctor right away to understand your health status. More information can be found at <a href="https://www.phassociation.org">www.phassociation.org</a>.

Provides timely access to accurate information 24 hours a day, 7 days a week with easy web self-

service through this site.

- Review your benefits Request an ID card
- Check claim status
- Find participating providers

Binge Drinking



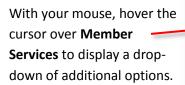


This is an example of a Member Landing Page. The look of your page will vary, based on your company and current activities.

Beginning at this page, you can access single sign-on links into your online claims and customer care portal. You can also access direct links to your provider directory, plan documents, and make online premium payments.



# **Member Dashboard**



With the Member Dashboard displayed, these are four popular and useful options:

Quick Links – allows you to request a duplicate ID card or view demographic information.

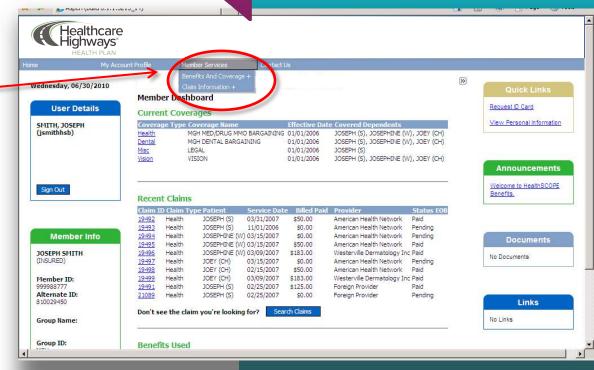
**Current Coverages** –

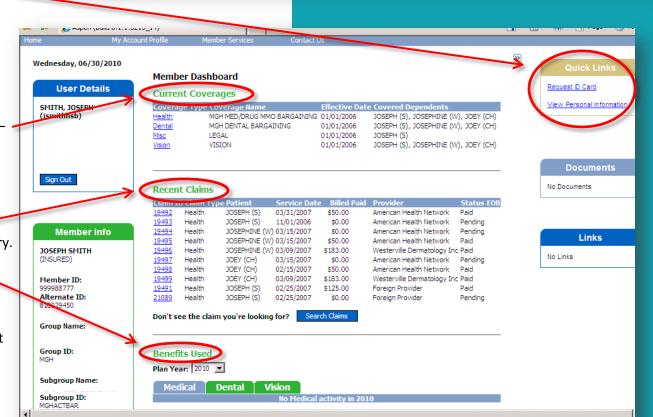
displays current plans and any changes in history.

Recent Claims – displays claim history.

displays dollar amounts paid per category per benefit year, as well as overall lifetime

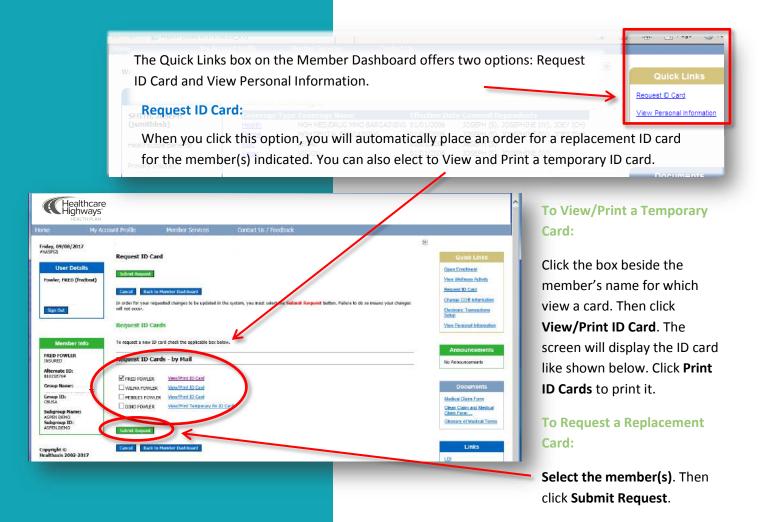
maximum used.







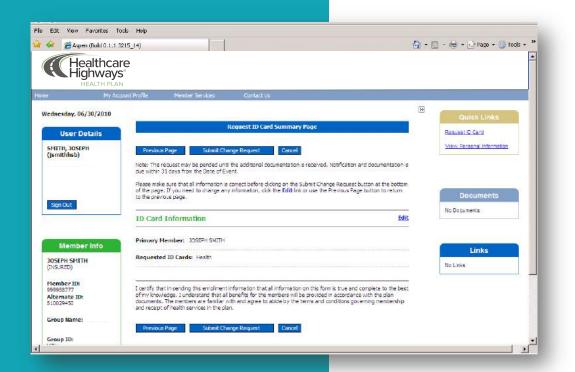
#### **Member Dashboard: Quick Links**



**Example Healthcare Highways Health Plan ID Card** 



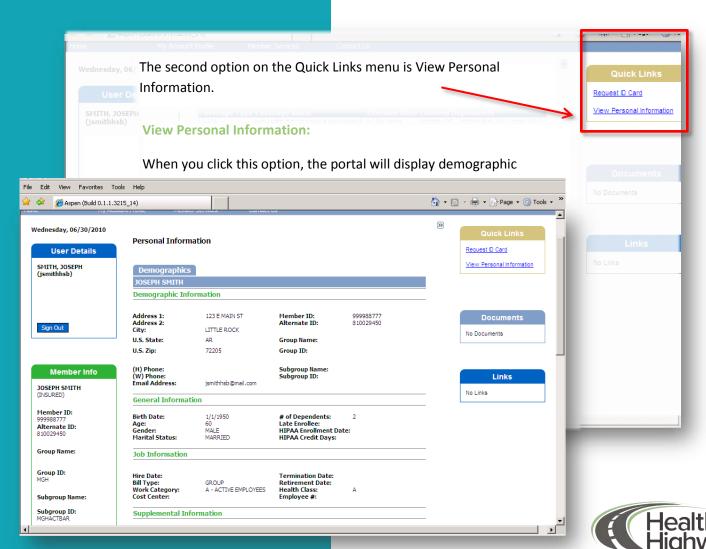




On the next screen, verify the correct member is selected and the correct card type is requested.

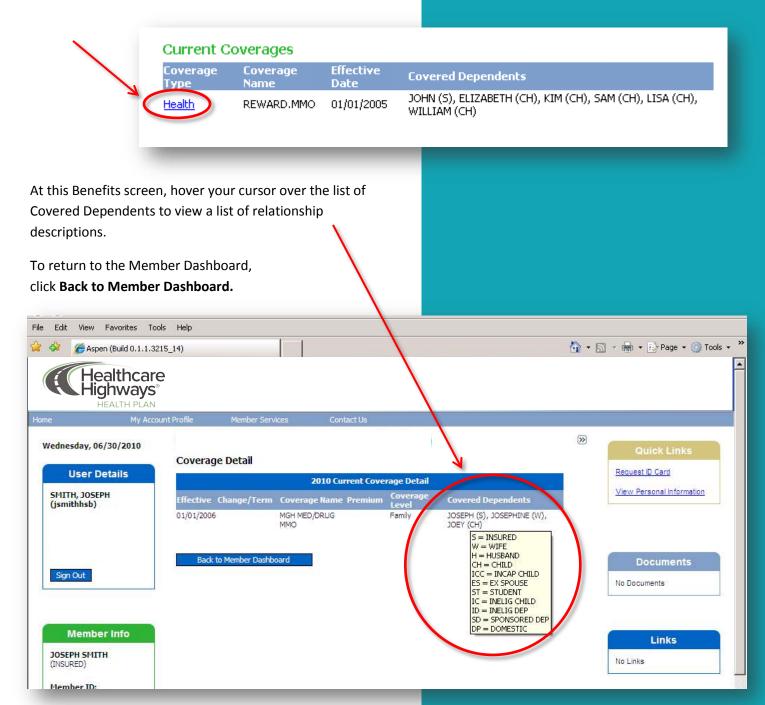
Then click **Submit Change Request**.

**Note:** If corrections are necessary on this screen, you can click **Edit** to return to the previous page to make changes.



## Member Dashboard Current Coverages

Under Current Coverages on the Member Dashboard, click the Coverage Type to view coverage information by category (Health, Vision, or Dental).





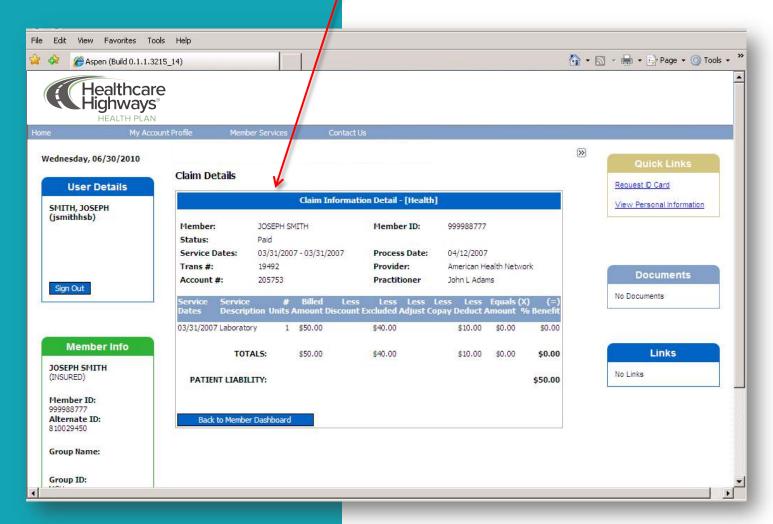
# Member Dashboard: Recent Claims

Under Recent Claims on the Member Dashboard, click a Claim ID hyperlink to access details for a particular claim.



The Claim Details include information such as how a claim was processed, including any provider or patient responsibility, as well as any EOB comments.

To return to the Member Dashboard, click **Back to Member Dashboard**.

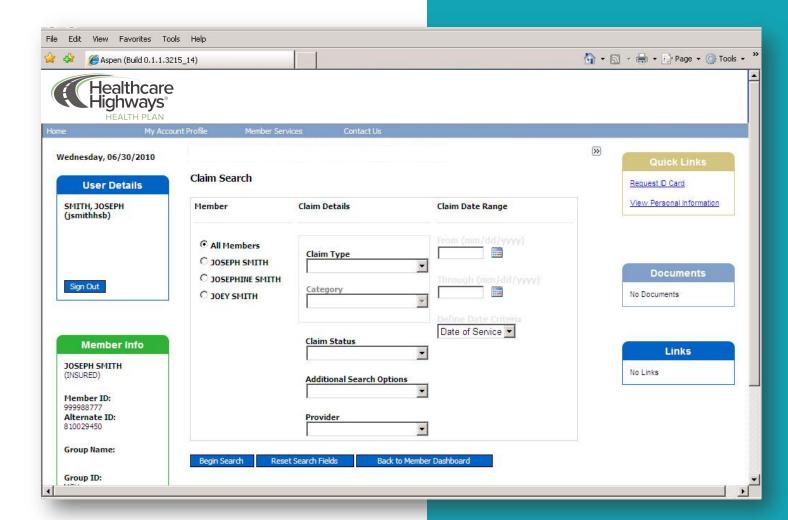




Also while investigating Recent Claims, if a claim you are looking for is not listed, you can click **Search Claims** to conduct a search.



As shown below, there are numerous criteria options available to narrow a claim search. Complete the desired search criteria and click **Begin Search**.

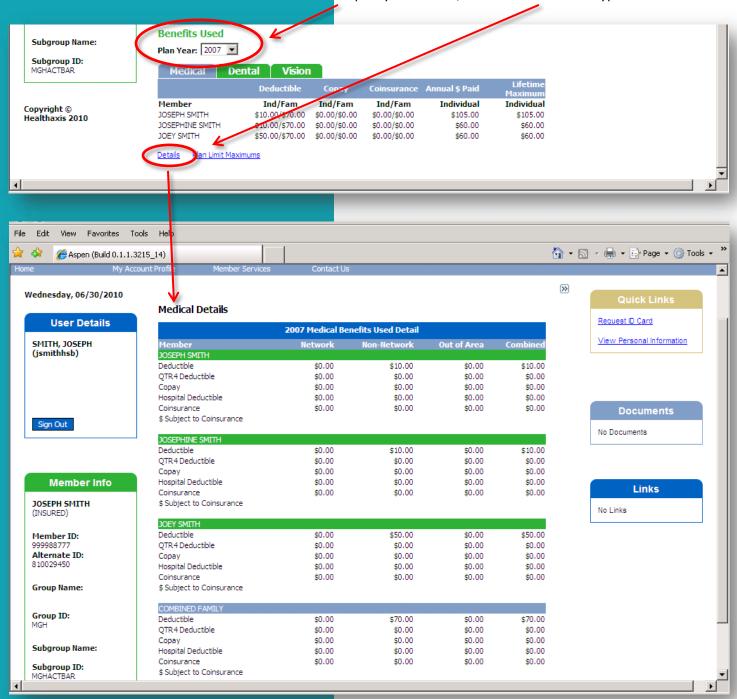




# Member Dashboard: Benefits Used

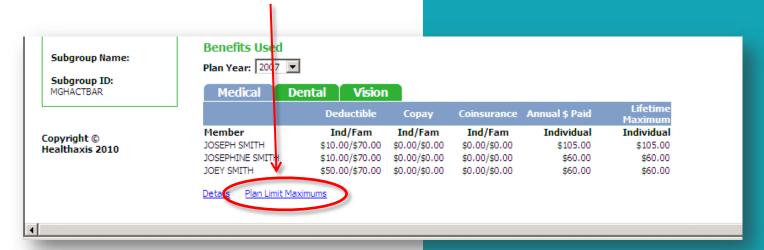
On the Member Dashboard, under the section titled Benefits Used, you are able to review a breakdown of benefits paid for each member and the entire account based on In-Network, Out-of-Network, Out-of-Area, and Combined accounts.

To view this information, use the drop-down box to select the plan year to view, then click the **Details** hyperlink.

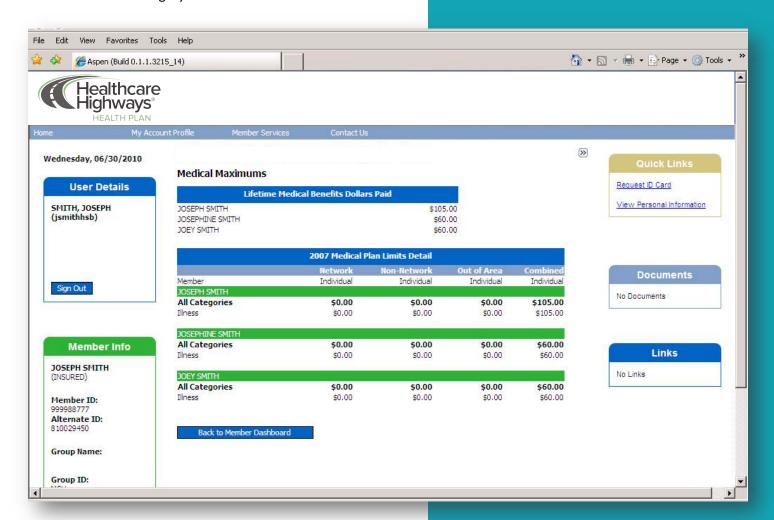




Another feature in the Benefits Used area of the Member Dashboard is the Plan Limit Maximums.



When you click Plan Limit Maximums, a screen displays like shown below. This screen allows you to review Lifetime Maximum Met and Amounts Paid based on Category.





# Section 2

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## **2018 Basic Formulary**



The following is a list of the most commonly prescribed drugs. It represents an abbreviated version of the drug list (formulary) that is at the core of your prescription-drug benefit plan. The list is not all-inclusive and does not guarantee coverage. In addition to using this list, you are encouraged to ask your doctor to prescribe generic drugs

PLEASE NOTE: Brand-name drugs may move to non-formulary status if a generic version becomes available during the year. Not all the drugs listed are covered by all prescription-drug benefit programs; check your benefit materials for the specific drugs covered and the copayments for your prescription-drug benefit program. For specific questions about your coverage, please call the phone number printed on your member ID card or the HCH Rx member service team at 844-636-7506.

#### **ANTI-INFECTIVES**

**Antifungal Agents** 

fluconazole nystatin oral suspension

**Antivirals** acyclovir oseltamivir valacyclovir

Cephalosporins

cefdinir cefuroxime cephalexin

**Erythromycins & Other** Mácrolides

azithromycin clarithromycin

**Penicillins** amoxicillin

amoxicillin/potassium clavulanate

penicillin v potassium

Quinolones ciprofloxacin levofloxacin

Tetracyclines

doxycycline monohydrate minocycline **ORACEA** 

**Urinary Tract Agents** 

nitrofurantoin

Misc. Anti-Infectives

clindamycin hcl hydroxychloroguine metronidazole sulfamethoxazole/

trimethoprim XIFAXAN

**ANTINEOPLASTIC & IMMUNOSUPPRESSANT DRUGS** 

anastrozole methotrexate tamoxifen

**AUTONOMIC & CNS** DRUGS, NEUROLOGY

& PSYCH Anticonvulsants

clonazepam

divalproex delayed-release divalproex ext-release

**FYCOMPA** gabapentin **GRALISE** lamotrigine levetiracetam I YRICA oxcarbazepine **POTIGA** 

**QUDEXY** topiramate

**Antiparkinsonism Agents** 

**AZILECT** 

carbidopa/levodopa pramipexole

ropinirole

Misc. Neurological Therapy

donepezil NAMENDA XR NAMZARIC NUFDEXTA Antipsychotics

aripiprazole ARISTADA [INJ] LATUDA olanzapine

quetiapine risperidone SEROQUEL XR

Misc. Psychotherapeutic Agents

DAYTRANA dexmethylphenidate extrelease

dextroamphetamine/ amphetamine

dextroamphetamine/ amphetamine ext-release FOCALIN XR 25 MG, 35 MG

quanfacine ext-release methylphenidate

methylphenidate ext-release

QUILLIVANT XR STRATTERA **VYVANSE** 

Antivertigo & Antiemetic

**Drugs AKYNZEO** meclizine hcl ondansetron ondansetron orally disintegrating tablets

**SANCUSO Anxiolytics** 

alprazolam buspirone diazepam lorazepam

**Hypnotic Agents** eszopiclone temazepam

zolpidem zolpidem ext-release

Migraine & Cluster Headache

Therapy butalbital/acetaminophen/

caffeine eletriptan rizatriptan sumatriptan ZOMIG NASAL

**Narcotic Analgesics** acetaminophen/codeine

**BUTRANS** fentanyl patch

hydrocodone/acetaminophen

hydromorphone

morphine sulfate ext-release

**NUCYNTA NUCYNTA ER** oxycodone

oxycodone/acetaminophen

**OXYCONTIN Narcotic Antagonists** 

NARCAN SUBOXONE SL FILM

**ZUBSOLV** 

Non-Narcotic Analgesics

Selective Serotonin Reuptake

Inhibitors citalopram escitalopram fluoxetine paroxetine sertraline **VIIBRYD Tricyclics** amitriptyline

Misc. Antidepressants

bupropion bupropion ext-release desvenlafaxine

nortriptyline

duloxetine delayed-release

**FETZIMA** mirtazapine trazodone hcl venlafaxine

venlafaxine ext-release

CARDIOVASCULAR, HYPERTENSION & LIPIDS

**ACE Inhibitors & Combos** 

benazepril enalapril lisinopril lisinopril/hctz

ramipril Adrenergic Antagonists & Related Drugs

clonidine doxazosin terazosin

quinapril

Angiotensin II Receptor

Blockers & Renin Inhibitors & Combos **FDARBI EDARBYCLOR** irbesartan

losartan losartan/hctz olmesartan olmesartan HCTZ **TEKTURNA** TEKTURNA HCT

valsartan valsartan/hctz

**Antiarrhythmic Agents** amiodarone

Beta-Blockers & Combos

atenolo

atenolol/chlorthalidone bisoprolol/hctz **BYSTOLIC** carvedilol COREG CR labetalol

metoprolol succinate er metoprolol tartrate propranolol propranolol ext-release

**Calcium Channel Blockers** 

amlodipine diltiazem ext-release nifedipine ext-release verapamil ext-release

Other Antihypertensive Combos

amlodipine/benazepril amlodipine/valsartan

A70R **TRIBENZOR** Cardiac Glycosides

digoxin

Lipid/Cholesterol Lowering atorvastatin ezetimibe

ezetimibe/simvastatin fenofibrate

fenofibrate micronized fenofibric acid dr gemfibrozil **LIPOFEN** LIVALO

lovastatin niacin ext-release PRALUENT [INJ] pravastatin

REPATHA rosuvastatin simvastatin VASCEPA

WELCHOL **Nitrates** 

isosorbide mononitrate

ext-release Thiazide & Related Diuretics chlorthalidone

furosemide hydrochlorothiazide spironolactone triamterene/hctz

Misc. Cardiovascular Agents

CORLANOR **ENTRESTO** hydralazine **MEPHYTON RANEXA** 

DERMATOLOGICALS/ TOPICAL THERAPY Antipsoriatic/Antiseborrheic

**ENSTILAR** TACLONEX SUSPENSION Therapy for Acne

**ACANYA** clindamycin phosphate clindamycin phosphate/ benzoyl peroxide

**EPIDUO EPIDUO FORTE** FINACEA metronidazole

**MIRVASO ONEXTON** TAZORAC ZIANA

**Topical Antibacterials** 

mupirocin

**Topical Antifungals** clotrimazole/betamethasone dipropionate

ketoconazole nystatin

**Topical Antivirals ZOVIRAX CREAM Topical Corticosteroids** 

clobetasol propionate desonide

fluocinonide hydrocortisone mometasone

triamcinolone acetonide Misc. Dermatologicals

CARAC **ELIDEL** lidocaine patch

**PICATO** EAR, NOSE & THROAT

**MEDICATIONS** 

**Drugs Affecting the Ear** CIPRODEX neomycin/polymyxin/

hydrocortisone **Drugs Affecting the Nose** 

azelastine **DYMISTA** fluticasone ONASI

Misc. Agents chlorhexidine gluconate

**ENDOCRINE/DIABETES** 

**Adrenal Hormones** 

dexamethasone methylprednisolone prednisolone prednisone

Androgens ANDROGEL testosterone cypionate [INJ]

**Antithyroid Agents** methimazole **Glucose Elevating Agents** 

GLUCAGEN [INJ]

GLUCAGON [INJ] Insulin Therapy HUMALOG [INJ] HUMULIN [INJ] LANTUS [INJ] LEVEMIR [INJ] **NOVOLIN** 

NOVOLOG [INJ] TOUJEO SOLOSTAR [INJ] TRESIBA [INJ]

Non-Insulin Hypoglycemic Agents BYDUREON (INJ) BYETTA [INJ] FARXIGA glimepiride

glipizide alipizide ext-release glyburide GLYXAMBI

INVOKAMET

INVOKANA **JANUMET** JANUMET XR JANUVIA **JARDIANCE JENTADUETO** JENTADUETO XR metformin metformin ext-release pioglitazone SYMLINPEN [INJ] SYNJARDY **TRADJENTA** TRULICITY VICTOZA [INJ] XIGDUO XR

**Thyroid Hormones** 

levothyroxine sodium liothyronine

**Blood Glucose Monitoring Devices & Supplies** 

FREESTYLE METERS/KITS FREESTYLE TEST/STRIPS ONETOUCH KITS/METERS **ONETOUCH TEST STRIPS** PRECISION XTRA METER

GASTROENTEROLOGY

Antidiarrheals & Antispasmodics dicyclomine hcl diphenoxylate/atropine **Bowel Evacuants** 

**SUPREP** 

**Digestive Enzymes** CREON VIOKACE **ZENPEP H2Antagonists** 

famotidine ranitidine **Proton Pump Inhibitors** 

esomeprazole magnesium delayed-release lansoprazole delayed-release

**NEXIUM PACKETS** omeprazole delayed-release pantoprazole delayed-release

rabeprazole delayed-release Other Ulcer Therapy **PYLERA** 

Misc. Gastrointestinal Agents **AMITIZA** ASACOL HD **CANASA DELZICOL** LIALDA LINZESS

metoclopramide hcl BEYAZ MOVANTIK **PENTASA PREPOPIK** 

**RECTIV** RELISTOR [INJ] **UCERIS TABLETS** 

VIBERZI **IMMUNOLOGY &** 

**BIOTECHNOLOGY** Myeloid Stimulants GRANIX [INJ]

MUSCULOSKELETAL & RHEUMATOLOGY

& RHEUMATOLO
Gout Therapy
allopurinol
COLCRYS
MITIGARE
ULORIC

Muscle Relaxants & Antispasmodic Therapy

baclofen cyclobenzaprine metaxalone methocarbamol tizanidine NSAID Agents celecoxib diclofenac sodium delayed-release etodolac ibuprofen indomethacin

meloxicam

nabumetone naproxen Osteoporosis Therapy alendronate sodium ibandronate

raloxifene
Misc. Rheumatological

Agents
OTREXUP [INJ]
RASUVO [INJ]
SAVELLA
OBSTETRICS &
GYNECOLOGY
Estrogen Combos

DUAVEE estradiol/norethindrone

acetate
PREMPHASE
PREMPRO
Estrogen
DIVIGEL

COMBIPATCH

ESTRACE CREAM
estradiol
ESTRING
estradiol patch
MINIVELLE
PREMARIN TABS
PREMARIN CREAM

Related Agents NOTE: All generic contraceptives are considered formulary

**Oral Contraceptives &** 

BEYAZ LO LOESTRIN FE MINASTRIN 24 FE Vaginal Anti-Infectives metronidazole gel terconazole OPHTHALMOLOGY

Antibiotics AZASITE erythromycin levofloxacin MOXEZA

VIGAMOX

polymyxin/trimethoprim tobramycin

Glaucoma Drugs ALPHAGAN P 0.1% COMBIGAN latanoprost LUMIGAN timolol maleate

Non-Steroidal Anti-Inflammatory Agents

ILEVRO NEVANAC PROLENSA

TRAVATAN Z

Steroid-Antibiotic Combos TOBRADEX OINTMENT TOBRADEX ST tobramycin/ dexamethasone susp

ZYLET
Steroids
ALREX
LOTEMAX
prednisolone acetate

Misc. Ophthalmologics BEPREVE PATADAY PAZEO RESTASIS RESPIRATORY,

ALLERGRY, COUGH & COLD
Adrenergics
EPIPEN
EPIPEN JR [INJ]
Antihistamines
desloratadine
hydroxyzine hcl
hydroxyzine pamoate
levocetirizine
promethazine
Antitussive Combos

hydrocodone/ chlorpheniramine polistirex hydrocodone/homatropine

promethazine/ dextromethorphan Inhaled Beta Agonists

albuterol

benzonatate

ARCAPTA NEOHALER

FLOVENT DISKUS FLOVENT HFA

PULMICORT FLEXHALER

QVAR

Misc. Pulmonary Agents ADVAIR DISKUS ADVAIR HFA ANORO ELLIPTA BREO ELLIPTA COMBIVENT RESPIMAT

DALIRESP DULERA INCRUSE ELLIPTA montelukast

SPIRIVA HANDIHALER SPIRIVA RESPIMAT STIOLTO RESPIMAT SYMBICORT TUDORZA PRESSAIR

UROLOGICALS
Anticholinergics &
Antispasmodics
GELNIQUE
MYRBETRIO

oxybutynin ext-release TOVIAZ

VESICARE

Benign Prostatic Hyperplasia

(BPH) Therapy finasteride RAPAFLO

tamsulosin ext-release
VITAMINS, HEMATINICS
ELECTROLYTES

Anticoagulants ELIQUIS enoxaparin [INJ] warfarin XARELTO Antiplatelet Drugs

BRILINTA clopidogrel prasugrel ZONTIVITY Electrolytes

potassium chloride er Vitamins & Hematinics cyanocobalamin [INJ] ergocalciferol

folic acid multivitamins/fluoride NASCOBAL prenatal vitamins

MISCELLANEOUS AGENTS sevelamer PHOSLYRA

RENVELA

**VELTASSA** 

Nonformulary Medications with Selected Formulary Alternatives

The following is a list of some nonformulary brand-name medications with examples of selected alternatives that are on the formulary. Column 1 lists examples of nonformulary medications. Column 2 lists some alternatives that can be prescribed.

Nonformulary For Medications

Formulary Alternative(s)

ACCU-CHEK FREESTYLE METERS/STRIPS, ONETOUCH METERS/STRIPS

METERS/STRIPS

ALVESCO ARNUITY ELLIPTA, ASMANEX HFA/TWISTHALER, FLOVENT DISKUS/HFA, PULMICORT FLEXHALER

APIDRA HUMALOG, NOVOLOG

BASAGLAR KWIKPEN LANTUS, LEVEMIR, TOUJEO, TRESIBA

BECONASE AQ budesonide, flunisolide, fluticasone, mometasone BREEZE, CONTOUR FREESTYLE METERS/STRIPS, ONETOUCH METERS/STRIPS

METERS/STRIPS

FORTESTA ANDROGEL 1.62%

FOSRENOL sevelamer, PHOSLYRA, RENVELA, VELPHORO
KADIAN hydromorphone ext-release, morphine sulfate extrelease, oxymorphone ext-release, NUCYNTA ER,

OXYCONTIN

KAZANO JANUMET, JANUMET XR, JENTADUETO, JENTADUETO XR KOMBIGLYZE XR JANUMET, JANUMET XR, JENTADUETO, JENTADUETO XR

NATESTO ANDROGEL 1.62% NESINA JANUVIA, TRADJENTA

OMNARIS budesonide, flunisolide, fluticasone, mometasone

ONGLYZA JANUVIA, TRADJENTA
PANCREAZE CREON, ZENPEP
PERTZYE CREON, ZENPEP
PRADAXA ELIQUIS, XARELTO

PROVENTIL HFA PROAIR HFA/RESPICLICK, VENTOLIN HFA

TESTIM ANDROGEL 1.62%
TESTOSTERONE GEL ANDROGEL 1.62%

TRUETEST, TRUETRACK FREESTYLE METERS/STRIPS, ONETOUCH

ULTRESA CREON, ZENPEP

VELTIN clindamycin/benzyol peroxide, clindamycin/ tretinoin, VERAMYST budesonide, flunisolide, fluticasone, mometasone

VOGELXO ANDROGEL 1.62%

ZOPENEX HFA PROAIR HFA, PROAIR RESPICLICK, VENTOLIN HFA Dudesonide, flunisolide, fluticasone, mometasone bimatoprost, latanoprost, travoprost, LUMIGAN

KEY

[INJ] - Injectable Drug

For the member: Generic medications contain the same active ingredients as their corresponding brand-name medications, although they may look different in color or shape. They have been FDA-approved under strict standards.

For the physician: Please prescribe preferred products and allow generic substitutions when medically appropriate.

Brand-name drugs are listed in CAPITAL letters. Generic drugs are listed in lower

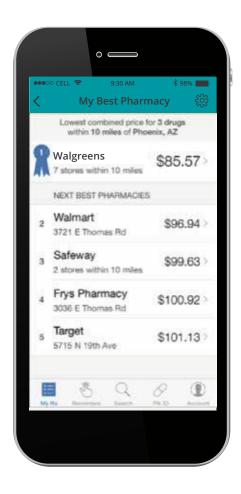
Brand-name drugs are listed in CAPITAL letters. Generic drugs are listed in lower case letters.

THIS DOCUMENT LIST IS EFFECTIVE JANUARY 1, 2018. THIS LIST IS SUBJECT TO CHANGE.

Rev 10.27.2017

# **Mobile App**

#### Good Health is in your Hands



Get the app by searching for CerpassRx at the Apple App Store or Google Play.



The mobile app provides easy, on-the-go access to your personalized health information. Once you have your member ID number, download the app to take advantage of the benefits your pharmacy plan offers.

#### With the Mobile App in your Pocket:



Stay on top of medication refills. See when refills are due, get refill reminders and quickly contact your pharmacy.



Pull up your medication history anytime to show your doctor what medications you are taking.



Learn about medication side effects and interactions.



Find network pharmacies by ZIP code or location, then check and compare current prescription prices.



Learn ways to save on your prescription by switching from brand name to generic or splitting a higher dosage pill.



Track individual and family spend.

Managing your prescription medications is a key part of managing your health. Take your medication information with you wherever you are with the mobile app.