

**IMPORTANT HEALTH INFORMATION**

**To help minimize your out of pocket medical expenses, please remember to:**

**Confirm that your provider is in-network prior to your appointment.**

**Have all testing performed in a network facility rather than a hospital.**

**Verify that all referrals from your provider are in-network.**

**For information on doctors or hospitals, please refer to the following:**

**Meritain Health 1-800-925-2272**

**[www.MERITAIN.com](http://www.MERITAIN.com)**

**If you have any questions, please call Member Services at 973-589-5050.**