

Subject Line: Hello, 2025! Start the year off strong.

From: Meridian Medicaid Plan

Preheader Text: health tips for our members



meridianmonthly

here's to a
healthy
new year



january 2025

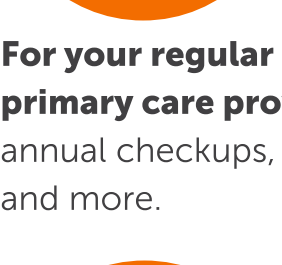
making healthcare easier

Welcome to a new year with Meridian. This month, we'll explore where you can go for care. The places to get care will vary depending on your symptoms. And learn how to see a provider from anywhere with telehealth. For Cervical Cancer Awareness Month, read about risk factors. And see an important reminder on claiming your 2024 Healthy Rewards.

screenings & health advice

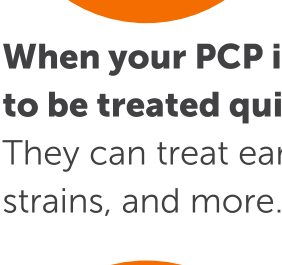
where to go to get the *right* care

At Meridian, you're covered for the care you need. Here's how you can choose where to go for care services, depending on the situation.



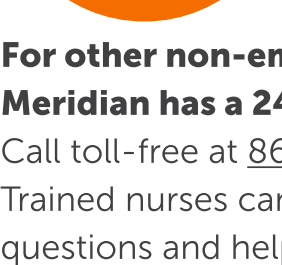
For your regular medical needs, visit your primary care provider (PCP). This includes

annual checkups, flu vaccines, routine tests, and more.



When your PCP isn't available but you need to be treated quickly, go to urgent care.

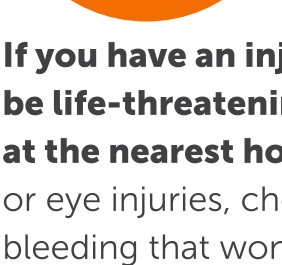
They can treat earaches, mild fever, sprains or strains, and more.



For other non-emergency health issues, Meridian has a 24/7 Nurse Advice Line.

Call toll-free at [866-606-3700](tel:866-606-3700) (TTY: [711](tel:711)). Trained nurses can answer your health

questions and help you decide if you should see your PCP.



If you have an injury or illness that could be life-threatening, seek emergency care at the nearest hospital. This includes head

or eye injuries, chest pain, broken bones, bleeding that won't stop, and gun or knife

wounds. You should also call your PCP after going to the emergency room. Your PCP can help you get the follow-up care you need.

[learn more](#)

cervical cancer: know your risk.

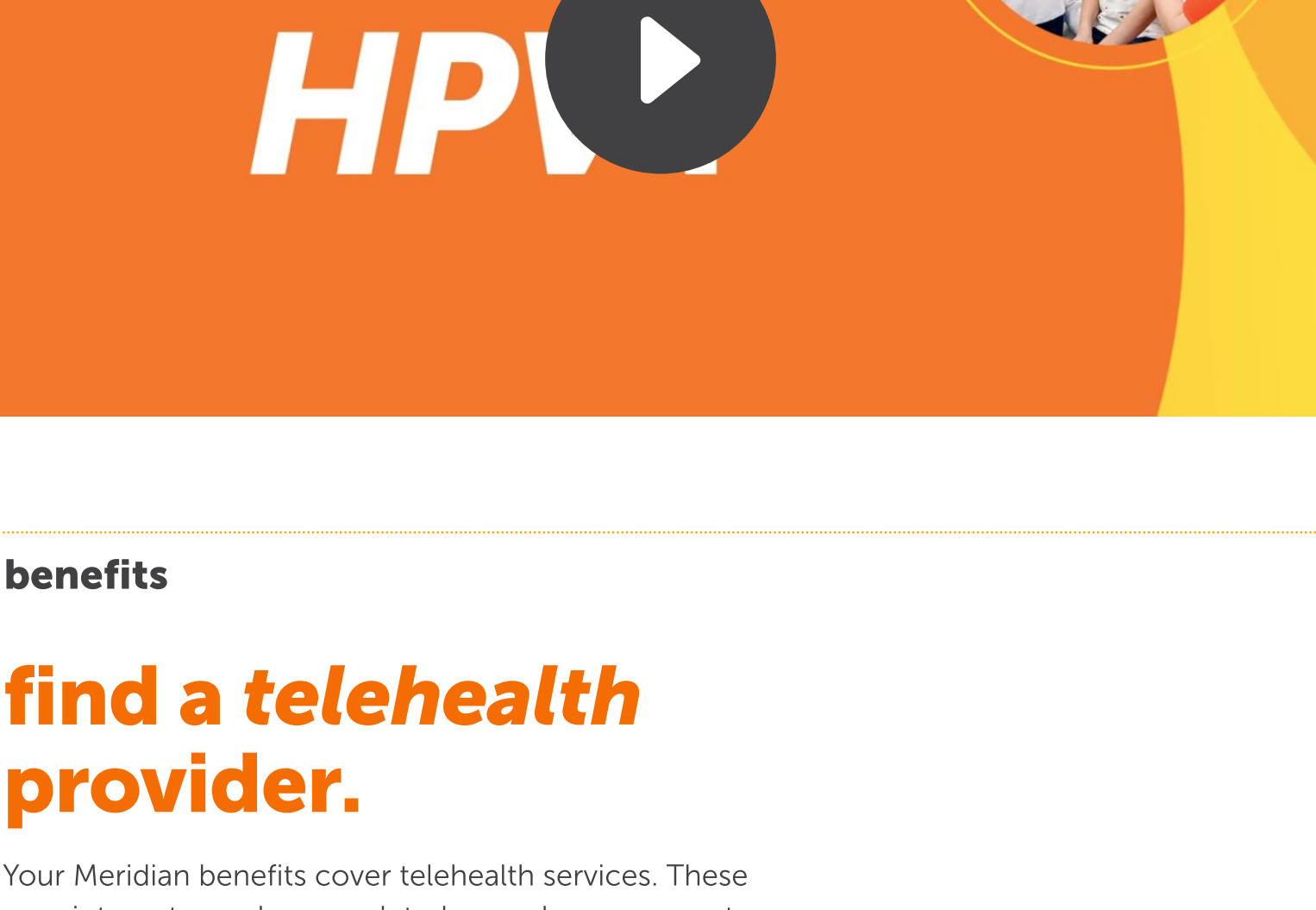
More than 90% of cervical cancers are caused by HPV. But there are other risk factors too. These include:

- Family history
- HIV or a weakened immune system
- Long-term use of birth control pills

[learn the risk factors](#)

These risk factors don't mean you will get cervical cancer. Be aware of your risk factors and pay attention to your body. See your provider if you notice unusual bleeding or pain in your pelvic area. It's also important to tell your provider about any risk factors. Together, you can watch for early signs of cervical cancer and make regular Pap tests part of your care. You can [get rewarded](#) when you complete a screening.

If you have preteens, **prevention is key.** They may be the right age to begin the HPV vaccine series. Watch this video to learn more.



benefits

find a telehealth provider.

Your Meridian benefits cover telehealth services. These appointments can be completed on a phone, computer, or tablet. Telehealth appointments can be useful for services like:

- Caring for a cold or earache
- Monitoring a chronic condition
- Getting medication refills
- Talking to a behavioral health provider

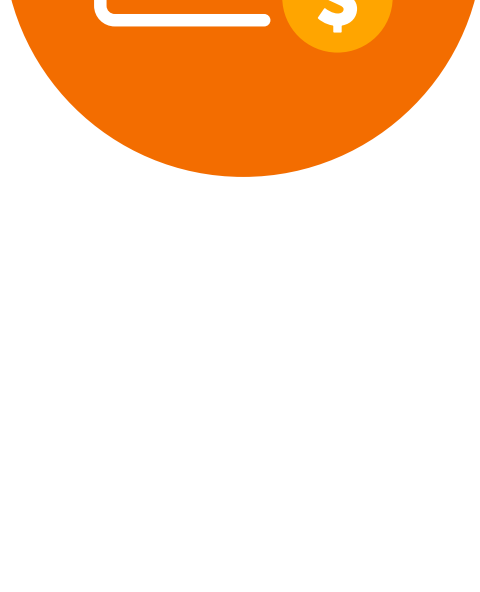
If you want to see an in-network provider virtually, click on the Find a Provider tool. Then search for in-network providers who offer telehealth services. Or call your provider and ask if telehealth services are available through their office.

Your Meridian plan also covers 24/7 telehealth care. Learn more about accessing this care on our Telehealth page.

[learn more](#)



claim your 2024 rewards.



As a Meridian member, you have until the **end of January 2025** to log in and claim any Healthy Rewards for **appointments completed in 2024**.

1. To start, [log in to your rewards portal](#) to see what rewards are available for you.
2. If you have completed an activity listed, follow the steps to claim your prepaid Mastercard®.
3. Complete the steps for each activity you did in 2024.

[learn more](#)

recipes

good-for-you comfort food

Try these winter dishes that include tasty veggies.

veggie mac and cheese

You and the kids will all enjoy this mac and cheese. And it's healthier thanks to veggies and whole grains!

[view recipe](#)

big skillet breakfast

Start the day off with this warm and filling breakfast. It's a great way to use leftover veggies.

[view recipe](#)

community resources



vaccines for *all* Illinois residents

If you didn't get the recommended fall and winter vaccines yet, it's not too late. Vaccines can protect you from the flu, COVID-19, and/or RSV. And there are many places you can go to get vaccines at no cost.

- Your [local pharmacy](#)
- Your provider's office
- Many [community events](#) we participate in
- Public Health Departments, Federally Qualified Health Centers, and vaccine clinics

Use the Illinois Department of Public Health's [Vaccine Locator](#) to find sites in your area that offer no-cost vaccines through the Adult Immunization and Vaccines for Children programs.

Rewards and health actions are dependent on eligibility for specific activities, which will vary by individual. Members may not qualify for all health activities. The date of service to redeem a reward must be in the current plan year. Rewards can be redeemed up to 30 days following the conclusion of the program period.

Card/Virtual Card is issued by MetaBank®, N.A., Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard Incorporated. No cash access or recurring payments. Card must be activated within 60 days of receipt. Funds will not be loaded onto your card until it has been activated. If a card is not activated within 60 days of receipt it will be invalid and the cardholder must call Meridian for alternative options. Card/Virtual Card cannot be used at Alcohol, Tobacco, or Firearms merchants. Card can be used at select merchants where Debit Mastercard is accepted. Virtual Card can be used at select merchants for online, phone/mail orders, or in stores that accept mobile wallet. Card/Virtual Card valid for up to 12 months upon card activation; funds do not expire and may be available after the expiration date, fees may apply. Terms and conditions apply. See Cardholder Agreement.

Meridian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al [866-606-3700](tel:866-606-3700) (TTY: [711](tel:711)).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer [866-606-3700](tel:866-606-3700) (TTY: [711](tel:711)).

contact us

Meridian Member Services

[866-606-3700](tel:866-606-3700)

(TTY: [711](tel:711))

Monday–Friday, 8:00 a.m. to 5:00 p.m.



ILmeridian.com

1333 Burr Ridge Parkway, Suite 100, Burr Ridge, IL 60527

©2025 Meridian. All Rights Reserved.

[Privacy Policy](#) [Unsubscribe](#)