

# LifeConnections Health Center

*An onsite medical facility for Cisco employees and their families*

## Experience Great Medical Care

### And save time and money while you are here

The LifeConnections Health Center has been open for almost two years. And this year, we added vision care services with an optical dispensary. Your connection to integrated health starts right here on the Cisco campus in Building Q.

We have a lot to offer you and your family. Our doctors are experienced, friendly, and provide high-quality care in a high-tech environment. They use the latest technology to coordinate and connect you with the medical and healthcare services you need.

Here's something else you'll like—you can save time and money every time you visit us. You get a top-notch medical experience at a much lower price than other medical facilities can offer.

Here are just a few of the perks:

- PPO, EPO, and OOA members get **free** generic prescriptions
- You get a 15 percent discount off all over-the-counter products at the pharmacy
- There is no commute—we're on campus in Building Q
- It's convenient—no waiting, paperless check-in, and an onsite pharmacy
- There is no medical deductible for Cisco UnitedHealthCare and CIGNA plan members. You pay only 10 percent of the physician office visit to treat an illness or injury (deductible applies to acupuncture, chiropractic care, and physical therapy visits).
- Cisco Kaiser members get Primary care service

Remember, dependents on your plan get the same benefits and perks.

## LifeConnections Center

Located in Building Q  
3571 North First Street, Suite 200  
San Jose, CA 95134  
(408) 424-2000

### Business Hours

Open Monday through Friday  
Closed on Cisco holidays

### Health Center

8:00 a.m. to 7:00 p.m.

### Pharmacy

8:30 a.m. to 7:30 p.m.

### Vision Center

9:00 a.m. to 6:00 p.m.

[cicolifeconnections.com](http://cicolifeconnections.com)



**Patient-centered care, convenience, and lower costs. Call us for an appointment (408) 424-2000.**

# Your Home Away From Home

Nothing compares to the way we feel when we are at home. It's where we are most relaxed and comfortable—most ourselves. That's the spirit in which LifeConnections Health Center, Pharmacy & Vision Center was created.

Operated by the North First Street Medical Group, Walgreens, and Eyefinity, LifeConnections Health Center is a full-service, integrated facility.

Designed to be your family's medical home, LifeConnections Health Center is a place where you and your family are treated in a special way—an integrated medical experience like no other.

## Relaxed Medical Experience

If you've ever felt rushed in a doctor's office, you will appreciate our caring and relaxed environment. Your routine medical check-up becomes a personalized health experience.



You will be treated in spacious, private, comfortable care suites equipped with high-definition video screens so you and your doctor can view your medical tests and records.

It is not unusual for our patients to spend up to 45 minutes with their doctors.

## Integrated Care

The doctors truly integrate the best of Western and Eastern medicine, with a strong emphasis on connecting body, mind, and spirit. Come in for primary care and your doctor may recommend complementary medicine such as acupuncture, chiropractic care, physical therapy, or health coaching.

Your care is consultative and treats the whole person, taking into account all aspects of your lifestyle. And we receive very high marks from our patients for integrating their care.

## One Patient's Story

"I am amazed and pleasantly surprised how different the facilities look compared to other health care providers I've dealt with in the past.

It's not only the design and amenities of the place, it's the service and positive attitude that you feel from the moment you step into the LifeConnections Health Center.

It begins with the front desk and continues with superb care provided by Dr. Alcheck and her nurse Robin.

I am switching my PCP because I'd like to go to Dr. Alcheck in the future for all my healthcare needs."

**Over 95 percent of patients say that LifeConnections Health Center helps them manage their care better through integrated services.**

# We Have Something for Everyone

LifeConnections Health Center provides a full suite of health services customized specifically for your needs, including:

- Primary medical care (family medicine, internal medicine, women's health)
- Pediatrics
- Laboratory services
- Digital X-ray services
- Pharmacy, including over-the-counter medicine
- Physical therapy and sports medicine
- Chiropractic care
- Acupuncture
- Vision Care
- Condition management and health coaching
- Travel immunizations
- EAP/Behavioral health
- Online health services

The choice is yours to use the LifeConnections Health Center as a supplement to your current medical practitioner or rely on us as your primary provider.



## Now Offering Quality Eye Care and Stylish Eyewear

Want to expand your field of vision? Look no further than the LifeConnections Health Center. You can now get an eye exam, a new pair of eyeglasses, or stylish sunglasses onsite in Building Q.

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**Cisco employees and their dependents eligible for benefits can receive vision care services at the health center.**

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**Vision care services** and eye exams are provided by a licensed optometrist. You receive in-network benefits if you are covered under VSP. If not, you pay directly for services. Call us at (408) 424-2000 to make an appointment.

**The LifeConnections Vision Center**, an independent eyewear store operated by Eyefinity, Inc., will offer you and your family quality, stylish eyewear at discounted prices. Visit the Vision Center anytime Monday through Friday 9:00 a.m. – 6:00 p.m.

## Save BIG With the Pharmacy

### Even if you don't use the Health Center

Take advantage of the onsite convenience and cost-saving features of the LifeConnections Pharmacy, operated by Walgreens. You don't have to be a patient at the Health Center to fill a prescription with us.

Consider just a few of the benefits:

- We have amazing deals on generics
- We are part of the CVS Caremark pharmacy network
- You can get 15 percent off the Walgreens retail price for over-the-counter products like shampoo, toothpaste, and cold medicine
- You can satisfy the plan's mail-order requirement and pick up a 90-day supply of your long-term medications
- You can refill prescriptions online or over the phone
- The pharmacy will transfer your prescriptions for you
- You can set up your prescription(s) for auto-refill

Kaiser Permanente members who visit a Kaiser physician at LifeConnections can fill their first prescription at the Pharmacy too.

## Get Huge Savings on Generic Medications

You pay the same at the LifeConnections Pharmacy that you would at any other participating retail pharmacy. One exception is generic medications—through the end of 2011, the LifeConnections Pharmacy offers you great savings on generic medications. You can:

- Fill generic prescriptions\*, the category for most medications, **for free**, for up to a 90-day prescription
- Health Plus Savings Plan members receive a 15 percent discount off the cost of generic prescriptions\*.

\* Starting October 25, UHC and CIGNA members can look for the preferred drug list on Cisco's new pharmacy benefits manager's website at [www.caremark.com/cisco](http://www.caremark.com/cisco).

The special offer on generics is available only to UHC and CIGNA members. Kaiser members are not eligible.

You must pay for your prescription when you pick it up from the LifeConnections Pharmacy — either with cash, a credit/debit card, or your HSA debit card.

**Call us at (408) 876-6191 to transfer your prescriptions and start saving money today on your medications.**



**Learn more about us at [cisolifeconnections.com](http://cisolifeconnections.com)**