

# HEALTH PLAN RESOURCES FOR A HEALTHIER YOU



Your plan includes some nice “extras” that can help you stay healthy, get support and make the most of your plan, at no extra cost to you.

## STAY HEALTHY



### Health Club Reimbursement Program

**Motivation to hit the gym.** Meet a monthly workout requirement at a participating fitness club and you can earn up to a \$20 credit toward your dues. That’s up to \$240 a year. To learn more about Fit Choices<sup>SM</sup> or to find a health club near you, go to [medica.com/fitchoices](https://medica.com/fitchoices).



### Health Rewards Program

**Get inspired to make positive changes.** Taking steps to improve your health might be easier than you think. Whether you want to stress less, quit smoking or eat more fruits and veggies, My Health Rewards by Medica<sup>®</sup> makes it fun — and rewarding. You’ll earn gift cards as you complete activities personalized just for you. To find your own path to a better health, log on to [mymedica.com](https://mymedica.com) and choose the *Health & Wellness* tab.



### Healthy Savings Program

**Eating healthier just got easier.** Save money on a variety of foods with the Healthy Savings program. It’s almost like getting a free trip to the grocery store every month. If you live near a participating store, you’ll be enrolled automatically in the program. Just watch your mailbox for more information and your Healthy Savings card. Learn more at [medica.com/healthysavingsprogram](https://medica.com/healthysavingsprogram) or download the Healthy Savings app in the App Store or Google Play.



### Preventive Care

**Care you need to help stay healthy.** Few things are more important than your health, and you can help protect it by getting regular preventive care. Routine checkups, screenings and immunizations can help you avoid health problems or catch them early. Learn about what kind of preventive care you need at [medica.com/prevention](https://medica.com/prevention).



### Virtual Care

**Save time and connect with a provider online.** Virtual care visits, also known as online care or e-visits, are a quick and easy way to care for common conditions, including allergies, bladder infections, sinus infections and pink eye. Connect with a provider from your computer or mobile device to get a diagnosis, treatment plan and prescription (if needed). You can access virtual care through providers in your plan’s network. Check with your clinic to find out if they provide options for getting care online. Or log on to [mymedica.com](https://mymedica.com), click on *Find a Doctor* and select *Virtual Care Providers* to find your virtual care options.

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## GET SUPPORT



### 24-Hour Health Support

**Trusted answers any time of day or night.** Worried that your stomach bug could be serious? Wondering what to do about that cough that won't go away? The advisors and nurses at Medica CallLink® can help. They're available 24 hours a day, 365 days a year to answer your questions and help you make smart decisions about your health. Just call **800-962-9497** (TTY users, call **711**).



### Employee Assistance Program

**When you need help with life's changes.** Sometimes life throws you a curveball. Whether it's financial troubles, personal issues or family problems, we can help. Just call **800-626-7944** any time of day or night, any day of the year to talk with a counselor. They'll help you find the resources you need to get back on track.

## FIND INFORMATION



### Mymedica.com

**Manage your plan online.** **Mymedica.com** is your one-stop resource for all kinds of information to help you manage your health plan benefits. Order ID cards, find out what's covered by your plan, view your Explanation of Benefits (EOB), track your claims, find a provider and more. Log on to **mymedica.com**.



### Pharmacy Resources

**Manage your prescriptions online.** Looking for information about prescriptions? Use the online pharmacy resources to see what drugs are covered under your plan, check drug costs, find a network pharmacy, manage mail order prescriptions and more. Log on to **mymedica.com** or download the CVS Caremark™ app from the App Store or Google Play.



### Value For Your Health Care Dollar

**Compare cost and quality to find the right provider.** Cost and quality can vary significantly among providers. Knowing the difference can help you save money and have better results. Look up cost ranges for common procedures at dozens of facilities using Main Street Medica. Or use the online provider search tool to find the doctor-specific cost and quality information with Premium Designation. Both tools are available on **mymedica.com**.



### Member E-Newsletter

**Learn how to get the most from your Medica plan.** Get information about health topics and your benefits delivered right to your inbox. You'll find health tips, advice on making smart health decisions and details on the Medica programs available to you. To sign up, just register for **mymedica.com** and you'll automatically receive the *4members* e-newsletter.

\*CVS Caremark administers Medica's pharmacy program.



## Have a question?

Call Customer Service at the number on the back of your Medica ID card.

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