Plan resources for a healthier you



Your plan includes “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 Rewards Program

Get inspired to make positive changes. Taking steps to improve your health might be easier than you think. Want to lower your stress? Quit smoking? Eat more fruit and veggies? My Health Rewards by Medica® makes it fun — and rewarding. You’ll earn rewards as you complete activities personalized just for you. To get started, download the Personify Health app, free in the App Store and on Google Play. Or go to **Medica.com/MHC.**

Personalized Family and Women’s Health Program

Support for your entire parenthood journey. Ovia Health guides you through your pregnancy, parenting, and reproductive health journey — including trying to conceive and managing menopause. Get clinically-backed content and unlimited support from Ovia’s team of health coaches, registered nurses, and certified nurse midwives. Download the Ovia app that’s right for you for free from the App Store or Google Play. Enter your health plan information to access all the unique tools and features.

Omada

Personalized support to reach your health goals. Omada’s digital health programs give you the tools and support you need.

- **Omada for Prevention**

Helps you make small changes to lose weight and reduce your risk for diabetes and heart disease.

- **Omada for Diabetes**

Provides personalized coaching and digital tools to help you improve your blood glucose control.

- **Omada for Joint & Muscle Health**

Is a virtual program available to members enrolled in a Medica Choice® Passport plan. It helps you build muscle to prevent aches and pains, and connects you with a licensed physical therapist to help treat current muscle or joint pain, all on your mobile device and schedule.

Learn more at **OmadaHealth.com/MHC.**

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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 **1 (800) 962-9497** (TTY users, call **711**).

Behavioral health resources

Need emotional support and mental health care? Look online, 24/7. Your online member account makes it easy to get the care you need. Explore the resources available to you, including:

- Online and in-person therapists, psychiatrists, and more
- Clinics close to home
- Digital tools that are confidential and tailored to your needs
- Support to manage stress, depression, family concerns, and much more

Get started today. Sign in at **Medica.com/SignIn**, then select "Find Care" for more information.

Find information

Your digital one-stop health plan resource

Manage your plan from any device, at any time. With your member account, you can:

- Download and print your ID card and order extras
- Find health care and virtual care providers, clinics, and pharmacies in your network
- Track your medical claims and prescription drugs
- Check medical procedure and drug costs
- See what your plan covers and find out your share of the costs
- Explore wellness programs and behavioral health resources

Create an account at **Medica.com/SignIn** or search for the "myMedica" app in the App Store or Google Play to manage your health plan benefits and improve your health on-the-go.

Questions? We're here to help.

Call Member Services at **1 (877) 347-0282** (TTY: **711**).

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