Wellness APPS

LAKES COUNTRY Service Cooperative
Together we achieve

Amwell - Virtual Care

Connect with doctors, therapists, and specialists via secure video, day or night. Get support for urgent care, mental health, and nutrition services through flexible, easy-to-schedule visits across a wide range of medical needs.

Calm Health

A free Medica member benefit that offers personalized, self-guided support for your mental and physical well-being—helping you stress less, sleep better, and feel more balanced..

Medica Member

Your health plan information is always with you—giving you quick, convenient access to benefits, ID cards, claims, providers, and important plan updates, anytime you need them.

Omada for Prevention, Managing Diabetes, & Weight Health

Support your health journey with a personalized program and simple tools to help you build healthier habits—at no cost to you. Whether your goal is weight loss, diabetes management, or overall wellness, Omada meets you where you are..

Omada for Joint and Muscle Health

A personalized care plan to help prevent and treat pain, improve strength and flexibility, and support recovery—right from your smartphone, on your schedule.

Ovia for Cycle, Fertility, Pregnancy, Postpartum, & Menopause Tracker

Choose your goal—tracking your cycle, trying to conceive, tracking your pregnancy, managing postpartum, or navigating peri/menopause—and receive a personalized experience with tailored insights, tips, and content.

Ovia for Baby Tracking & Parenting Support

Track your baby's day so you always know when the next feeding, nap, or diaper change is coming. Record important developmental milestones and sweet family pictures securely in the app.

Personify Health - My Health Rewards

Make living healthier easy and rewarding. Build healthy habits, access personalized support and benefits, and earn rewards—all in one place.