

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



Fit ChoicesSM by Medica Program

Motivation to hit the gym. Earn up to \$20 per month by working out 8 times a month at a participating fitness club. That’s up to \$240 a year. To learn more or to find a health club near you, go to [Medica.com/FitChoices](https://www.Medica.com/FitChoices).



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 - Earning up to \$220 per eligible member. To get started, download the Virgin Pulse app, free in the App Store and on Google Play.



Healthy Pregnancy & Parenting Program

Get support for your parenthood journey. Ovia Health apps give you on-demand, customized support and coaching. They help you with tracking your period, getting pregnant, and dealing with pregnancy. They also help you with wellness after the baby arrives. Download Ovia Parenting, Ovia Pregnancy, or Ovia Fertility for free from the App Store or Google Play. Enter your employer and health plan information to access all the unique tools and features.



Healthy Savings Program

Eating healthier just got easier. Save up to \$50 a week on food with the Healthy Savings program. Just watch your mailbox for more information and your Healthy Savings card. Learn more at [Medica.com/HealthySavings](https://www.Medica.com/HealthySavings) or download the Healthy Savings app in the App Store or on Google Play.



Omada for Diabetes

Coaching and empowerment to reach your goals. Help improve your blood glucose control through Omada for Diabetes. When you enroll in the program, you’ll receive personalized support and coaching plus a glucose meter and supplies to measure and track blood glucose levels. Learn more at [OmadaHealth.com/MHC](https://www.OmadaHealth.com/MHC).



Omada for Prevention

Build healthy habits that last. Help reduce your risk for chronic disease through Omada for Prevention, a digital lifestyle change program. Combining the latest technology with ongoing personal support, you can make the changes that matter most – whether that’s around eating, activity, sleep, or stress. It’s an approach that can help you lose weight and reduce your risks for type 2 diabetes and heart disease. Learn more at [OmadaHealth.com/MHC](https://www.OmadaHealth.com/MHC).

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 Support

Manage stress, anxiety and depression symptoms. Connect with on-demand help for stress, depression and anxiety through the Sanvello app. Access coping tools, daily mood tracking, guided journeys, and weekly progress check-ins to stay engaged and manage symptoms. You receive premium access as part of your plan's behavioral health benefits. Download the Sanvello app from the App Store or Google Play and select *Upgrade Through Your Insurance* to get started.

Find Information



Your Member Site - After January 1, 2021

Manage your plan online. [Medica.com/SignIn](https://www.medicacom.com/signin) is your one-stop resource for information to help you manage your health plan benefits. Sign in at [Medica.com/SignIn](https://www.medicacom.com/signin) to

- Find out what your plan covers
- Search for health care providers and virtual care providers
- Manage your prescriptions
- Order ID cards
- Track your claims
- View your Explanation of Benefits (EOB)
- Learn about preventive care

Looking for more online pharmacy resources? **Download the Express Scripts®* app** from the App Store or Google Play.



Have a question?

Call Customer Service at the number **1 (877) 347-0282** (TTY: 711).

* Express Scripts® administers Medica's pharmacy program.