



Essentia Choice Care with MedicaSM

LET'S GET STARTED

Welcome to an innovative way of getting health care! As a member of Essentia Choice Care with Medica, you get the combined strengths of Medica and Essentia Health working together to deliver a unique, high-quality health care experience at a lower cost. We're here for you in a respectful and meaningful way, helping to make a healthy difference in your life and your family's life.

Plan Features

- **Same-day access to a care team member.** Get answers to questions and help with your health care needs within the same day, including e-visits.
- **Direct access to specialists.** See any primary or specialty care provider in the Essentia Choice Care network without a referral.
- **Single phone number.** This one-stop approach makes it easy to ask questions about your health plan benefits, billing, care and coverage, and more. Call **1 (866) 428-7427**.
- **Secure online patient portal.** View portions of your medical records, communicate with providers, schedule or cancel appointments, pay bills, see test results, request prescription refills and more with Essentia's MyHealth/MyChart portal. To visit this site, go to **Medica.com/Members** and select *Essentia Choice Care with Medica*.
- **Nurse care line.** Staffed by Essentia Health nurses 24/7 to help with questions about your health.
- **20% discount on skin products and services.** Show your Medica ID card to receive a 20% discount on a full selection of treatment options performed by experienced skin renewal specialists at Essentia Health Skin Renewal Centers located in Duluth and Fargo.
- **Online care options.** Connect with an Essentia Health provider online through a computer or mobile device for medication refills, e-visits for common conditions and virtual care appointments for primary care and urgent care visits.
- **Patient assistant.** Welcomes members and provides extra help when needed.
- **Convenient pharmacy care.** Essentia Health Pharmacies offer safe, easy and personalized care, including online refills, delivery options and specialty pharmacy services. Call **1 (844) 380-5642** to learn more.



Essentia Health

MEDICA[®]

ABOUT THE ESSENTIA CHOICE CARE NETWORK

Essentia Choice Care with Medica provides access to 26 hospitals and more than 70 clinics in Minnesota, North Dakota and Wisconsin. In addition, you have access to more than 2,300 physicians and advanced practitioners providing innovative and coordinated care.

If you're away from home and get sick or hurt, we've got you covered! When you travel outside the Medica service area (Minnesota, North Dakota, South Dakota and western Wisconsin) you can get network coverage by visiting a provider in the Travel Program Network. This nationwide network is one of the largest in the country. If you have children attending college outside the service area, they can use this network, too.

To receive your highest level of benefits, remember to see providers in the Essentia Choice Care network. If you receive care outside the network, your costs will be much higher and you may have to pay the full cost of services you receive. To look up network providers, go to **Medica.com/FindADoctor** and select *Essentia Choice Care with Medica*.

WE'RE HERE WHEN YOU NEED HELP

Whether you have questions about your benefits (like finding out what your plan covers or understanding how a claim was processed) or need help getting care (like scheduling an appointment or learning how to access your medical records online), call us at **1 (866) 428-7427**. We're available Monday through Friday, 7 a.m. to 8 p.m. and Saturday 9 a.m. to 3 p.m. To get information about your benefits or care online, go to **Medica.com/Members** and select *Essentia Choice Care with Medica*.

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