

About Medica



2,000 team members

Not-for-profit

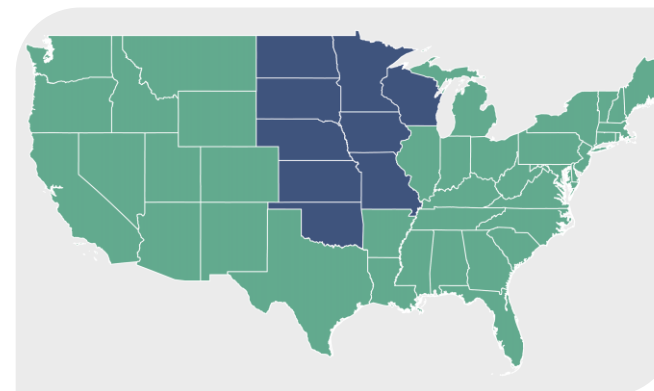
Our focus is on the communities we serve

\$5 billion

Expected 2020 revenue

**Medica
Foundation**

Funds community-based initiatives and programs that support the needs of our customers and the greater community



9 states

Nearly **1 million members**

195,000
Individual and Families

155,000
Medicare/Medicaid

610,000
Commercial

15
Accountable Care
Organization Partnerships

4 – 4.5
Star Rating

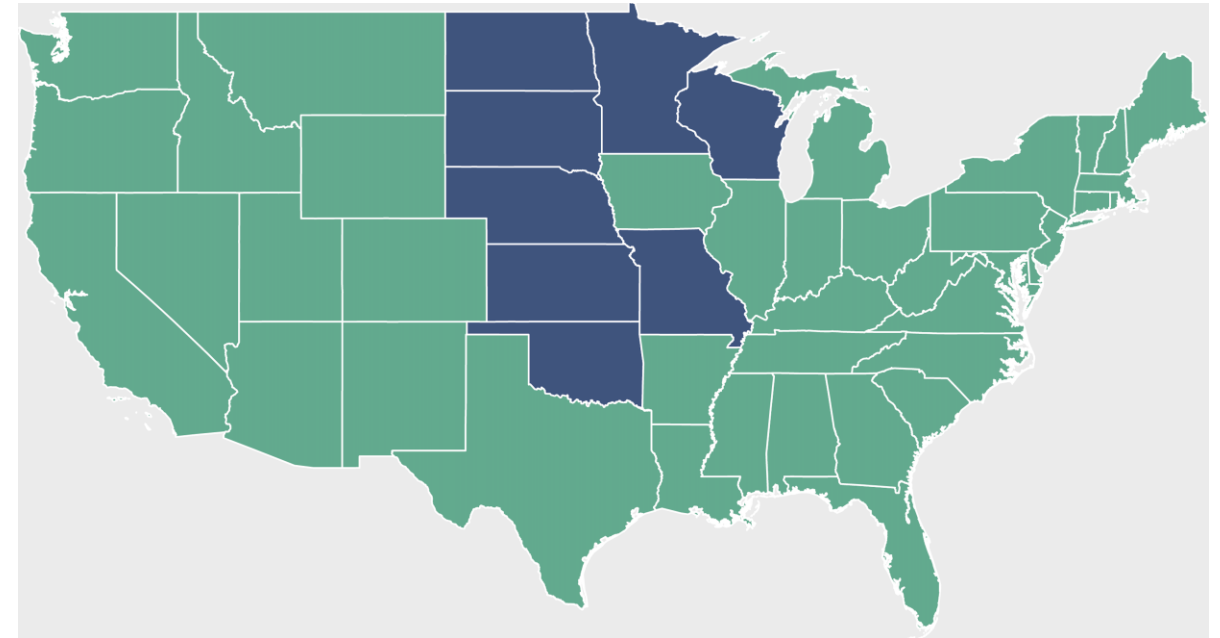
Learn About Your Network

Network

Medica Choice® Passport

Access to a large, national network and the freedom to see any provider at any time. A plan that's easy to use — no matter where you live.

- One of the largest networks in the nation
- Nationwide network coverage when you travel
- No referrals needed when you see network providers



● Medica Service Area

● National Coverage Through UnitedHealthcare

Medica Choice® Passport		
<ul style="list-style-type: none"> 1 million+ providers and nearly 5,900 hospitals 960,000 doctors 	<ul style="list-style-type: none"> More than 73,000 pharmacies including 24-hour pharmacies 	<ul style="list-style-type: none"> Convenience and urgent care

Pharmacy Benefits

Pharmacy Solutions

Our pharmacy partner

- Best-in-class cost control measures
- Clinically effective solutions to improve health
- Innovative member engagement strategies to drive improvement in medication adherence
- New technologies to improve consumer experience



Member Resources

Why choose an in-network provider?

When you visit a network provider, you receive:

- The best coverage under your plan
- The Medica discounted rate

When you visit a non-network provider, you receive:

- Lower coverage under your plan
- Your share of the costs based on the provider's full charges



Know your care options

Cost differences



Low cost

High cost

FREE

Medica CallLink®

\$

Virtual care
E-visits
Convenience care
Retail clinics

\$\$

Office visit

\$\$\$

Urgent care

\$\$\$\$

Emergency room

Virtual care options*

Convenient and cost effective online treatment

Clinic-based	Amwell	Virtuwell	Calllink
Many clinics offer virtual care, online care or e-visits	24/7 online clinic available in every state Includes coverage for medical and behavioral health care services	24/7 online clinic available in select states	Available 24/7
Prices vary	Medical: Each visit is \$59 or less Behavioral health: Price varies by type of service	Medical: Each visit is \$59 or less	FREE
Check with your clinic to see if they offer virtual care and how you can connect with your provider online	Mobile, web and phone visits with a board-certified doctor	Online visits with a certified nurse practitioner	Phone visits with a certified nurse practitioner
Clinic's website	Amwell.com	Virtuwell.com	https://www.medica.com/wellness/nurse-line

*Virtual care options can vary by your plan's network. Check care options at [medica.com/findadoctor](https://www.medica.com/findadoctor).

Fit ChoicesSM by Medica

Credits



\$20

Credit toward monthly dues

8,000+

Health clubs to choose from

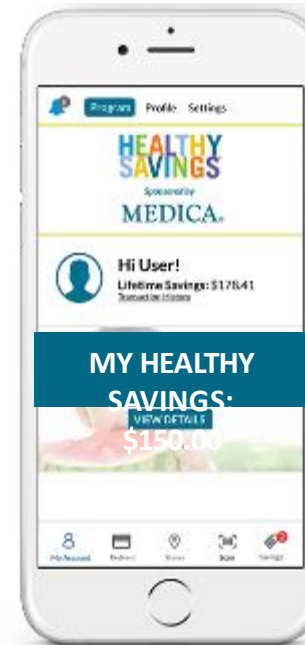
Healthy Savings

Discounts on healthy food

Healthy Savings makes eating healthier easier and more affordable.

The program is easy to use: Members simply shop, scan and save instantly!

- Discounts on healthy foods of up to \$250 per month
- Foods qualified by a third party based on nutrient density; only healthiest 1/3 qualify
- No clipping or downloading coupons needed; all promotions are automatically loaded onto barcode



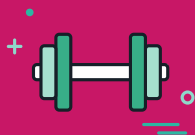
My Health Rewards

Incentives for daily activity

Level	Points earned	Reward
1	2,000	\$10
2	10,000	\$20
3	25,000	\$50
4	40,000	\$80

New for 2022: \$5/monthly reward upon completion of 7000 steps/15 active minutes/15 workout minutes. 20 days in a calendar month.

Members 18 years and older can earn up to \$220 in gift cards funded by Medica

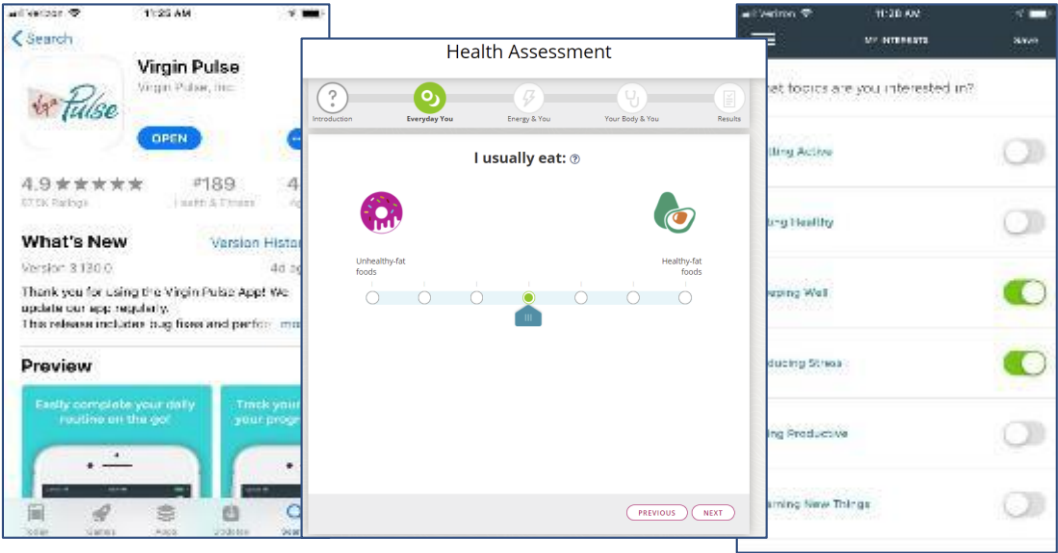


Getting started is easy!

Download the App

Take the health assessment

Save your interests



Omada for prevention program

Omada empowers people to build healthy behaviors that last

- Omada is a digital lifestyle change program for people at risk for chronic conditions such as:
 - Prediabetes
 - Hypertension
 - High cholesterol
 - Cardiovascular disease
- Participants learn how to apply meaningful changes around eating, activity, sleep, and stress, and then focus on sustaining those behaviors
- Program is available at no additional cost

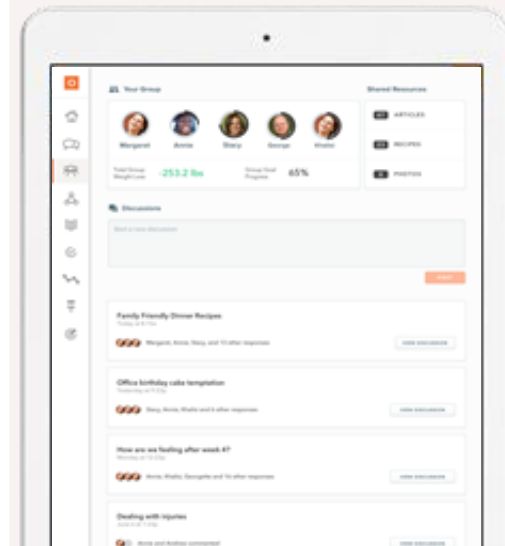


Interactive Lessons

Data Science



Smart Technology



Support Group

Professional Health Coach



Omada For Diabetes | Program Overview

Improve Glucose Control

Program Goals



Reduce number of episodes of low- and high-glucose values to achieve target glucose levels



Reduce risk of diabetes complications and decrease diabetes distress



Build problem-solving skills and promote confidence to self-manage diabetes or cholesterol medications



Encourage safe, achievable lifestyle changes and promote healthy coping

Program Features

- Proactive guidance from a professional health coach and Certified Diabetes Care and Education Specialist (CDCES) trained in diabetes management and the interpretation of glucose data
- Type 1 or Type 2 diabetes curriculum covering all core topics of Diabetes Self-Management Education and Support (DSMES)
- Consistent review of each participant's glucose values through continuous glucose monitoring and self-reporting to identify relationship between diet, exercise, medications, and glucose
- Personalized support to enable participants with medication self-management
- Connected glucose monitor to seamlessly track progress of glucose levels



Ovia Health

Fertility, pregnancy and parenting support

Three mobile apps that span the reproductive health and parenting spectrum.

Ovia Pregnancy

- Weekly baby development summaries
- Daily articles and tips
- Supportive weekly videos
- Return-to-work planning tools and support
- Unlimited in-app coaching with nurse health coaches

The logo for Ovia Health, featuring the text "oviahealth" in a lowercase, sans-serif font. A horizontal line with a gradient of colors (yellow, orange, green, blue) is positioned below the text. A small trademark symbol (TM) is located to the upper right of the text.

Ovia Parenting

- Learn about child development and health
- Track baby's feedings, diapers and sleep
- Get guidance and support for mental health and wellness
- Access thousands of parenting articles and tips
- Unlimited in-app coaching with nurse health coaches

Ovia Fertility

- Understand cycle predictions and fertility calendar
- Track symptoms, moods, medications and more
- Receive feedback alerts on potential medical concerns
- Learn about infertility health programs

Sanvello

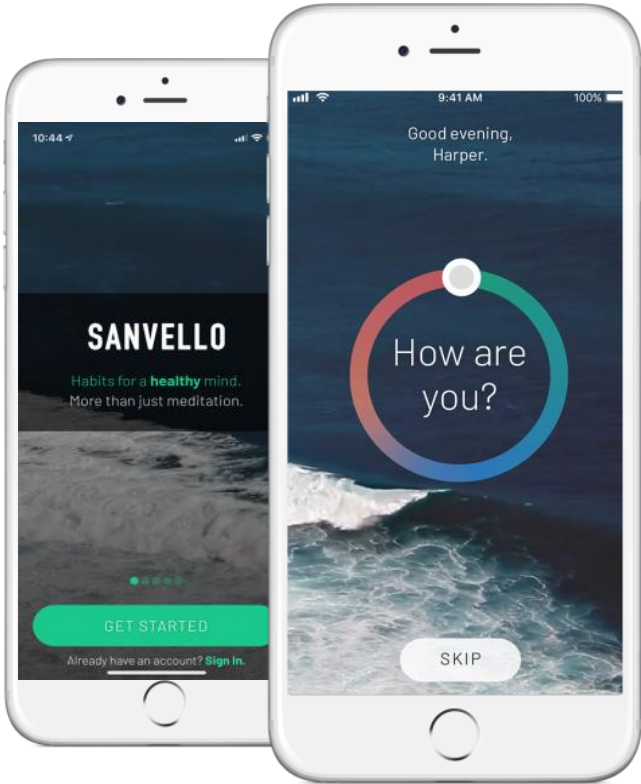
Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT). Individuals can relieve symptoms and build life skills that can reduce potential high-cost interventions through:

- Mood and health data tracking over time
- Integrated goal-setting and progress assessments
- Interactive, educational guided journeys
- Relaxation techniques and coping skills

RESULTS¹

• Participants interact with Sanvello nearly 5X more than traditional therapy alone	• Sanvello decreases symptoms of depression and anxiety even after individuals stop using the app
--	---

On-demand help for stress, anxiety and depression



iOS



ANDROID

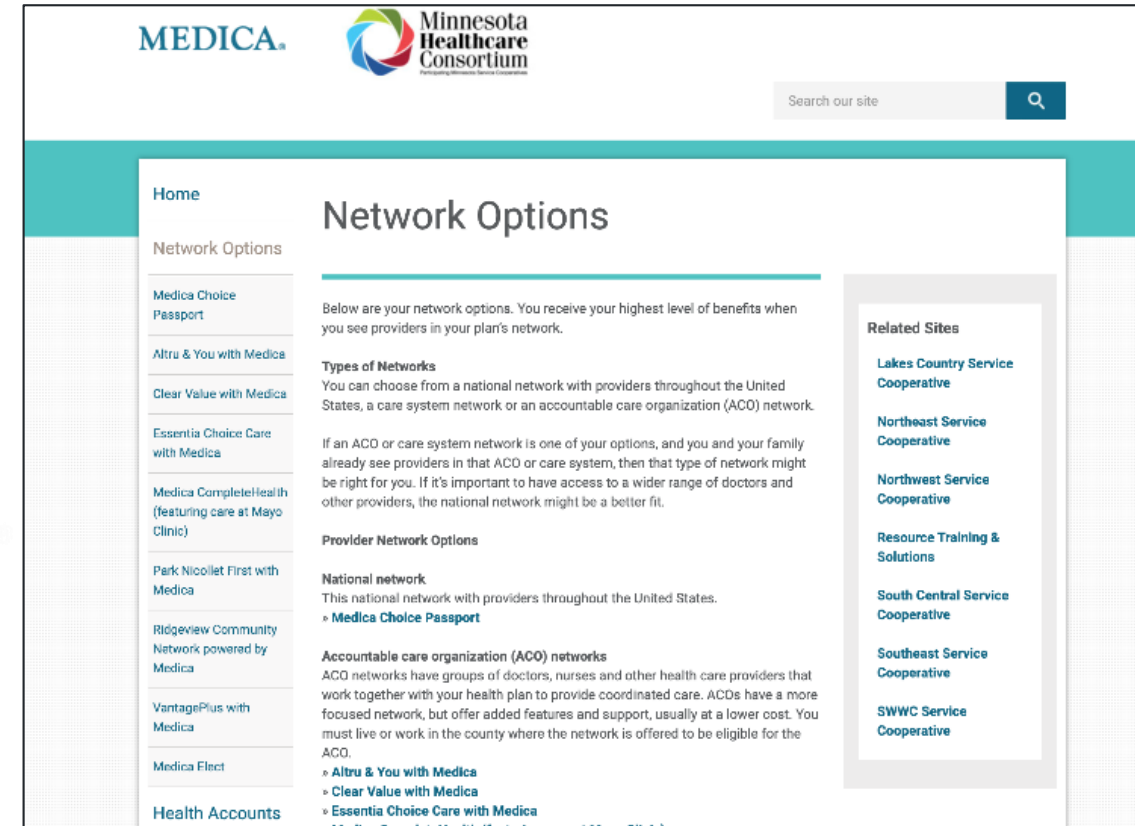
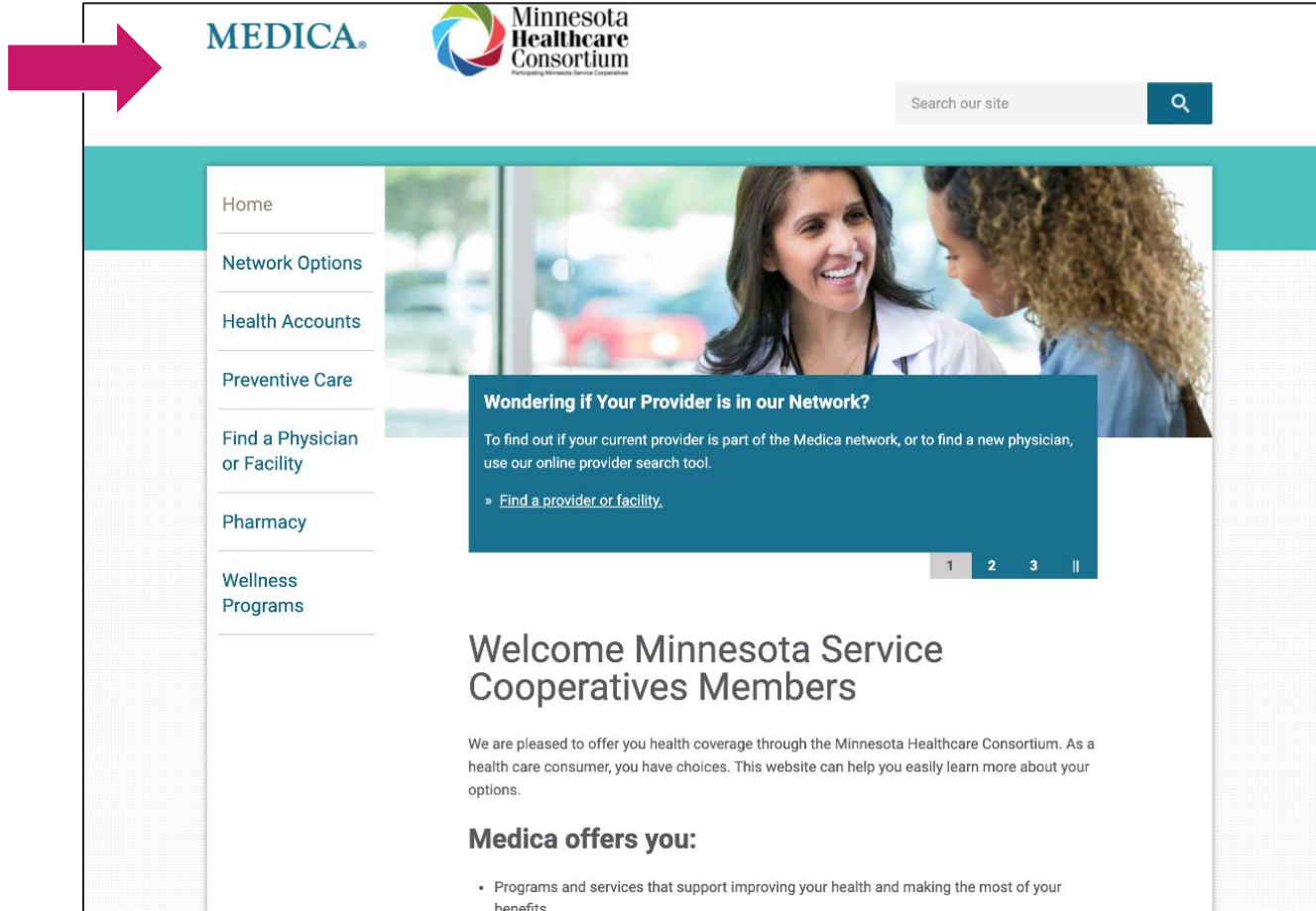


TABLET

1. Anne Moberg, Christine & Niles, Andrea & Beermann, Dale. (2019). Guided Self-Help Works: A Randomized Waitlist Controlled Trial of Pacifica, a Mobile App Integrating CBT and Mindfulness for Stress, Anxiety, and Depression. J Med Internet Res 2019;21(6):e12556, <https://www.jmir.org/2019/6/e12556/>

Transition / implementation

Pre-enrollment site



mhc2.welcometomedica.com/home

Plan Enrollment

We're here to help

Medica customer service:

- Monday - Friday, 7 a.m. - 8 p.m. CST
(closed Thursdays, 8 a.m. - 9 a.m.)
- Saturday, 9 a.m. – 3 p.m.

Call:

- 1-877-347-0282





THANK YOU