About Medica
Medica

founded in 1975

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

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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

<table>
<thead>
<tr>
<th>Medica Choice® Passport</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>• 1 million+ providers and nearly 5,900 hospitals</td>
<td>• More than 73,000 pharmacies including 24-hour pharmacies</td>
</tr>
<tr>
<td>• 960,000 doctors</td>
<td>• Convenience and urgent care</td>
</tr>
</tbody>
</table>
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**
- **FREE**
  - Medica CallLink®
- $:
  - Virtual care
  - E-visits
  - Convenience care
  - Retail clinics

**High cost**
- $$$$
  - Emergency room
- $$$
  - Office visit
- $$
  - Urgent care
Virtual care options*

Convenient and cost effective online treatment

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

*Virtual care options can vary by your plan's network. Check care options at medica.com/findadoctor.
Fit Choices℠ by Medica

Credits

<table>
<thead>
<tr>
<th>Credit toward monthly dues</th>
<th>Health clubs to choose from</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20</td>
<td>8,000+</td>
</tr>
</tbody>
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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

<table>
<thead>
<tr>
<th>Level</th>
<th>Points earned</th>
<th>Reward</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2,000</td>
<td>$10</td>
</tr>
<tr>
<td>2</td>
<td>10,000</td>
<td>$20</td>
</tr>
<tr>
<td>3</td>
<td>25,000</td>
<td>$50</td>
</tr>
<tr>
<td>4</td>
<td>40,000</td>
<td>$80</td>
</tr>
</tbody>
</table>

**Getting started is easy!**

- **Download the App**
- **Take the health assessment**
- **Save your interests**

**New for 2022:** $5/monthly reward upon completion of 7000 steps/15 active minutes/15 workout minutes. 20 days in a calendar month.
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
Omada For Diabetes | Program Overview

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

Improve Glucose Control
Ovia Health

Fertility, pregnancy and parenting support

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

**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

**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

**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
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

<table>
<thead>
<tr>
<th>RESULTS¹</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Participants interact with Sanvello nearly 5X more than traditional therapy alone</td>
</tr>
<tr>
<td>• Sanvello decreases symptoms of depression and anxiety even after individuals stop using the app</td>
</tr>
</tbody>
</table>

Transition / implementation

Pre-enrollment site

Welcome Minnesota Service Cooperatives Members

We are pleased to offer you health coverage through the Minnesota Healthcare Consortium. As a health care consumer, you have choices. This website can help you easily learn more about your options.

Medica offers you:
- Programs and services that support improving your health and making the most of your benefits

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