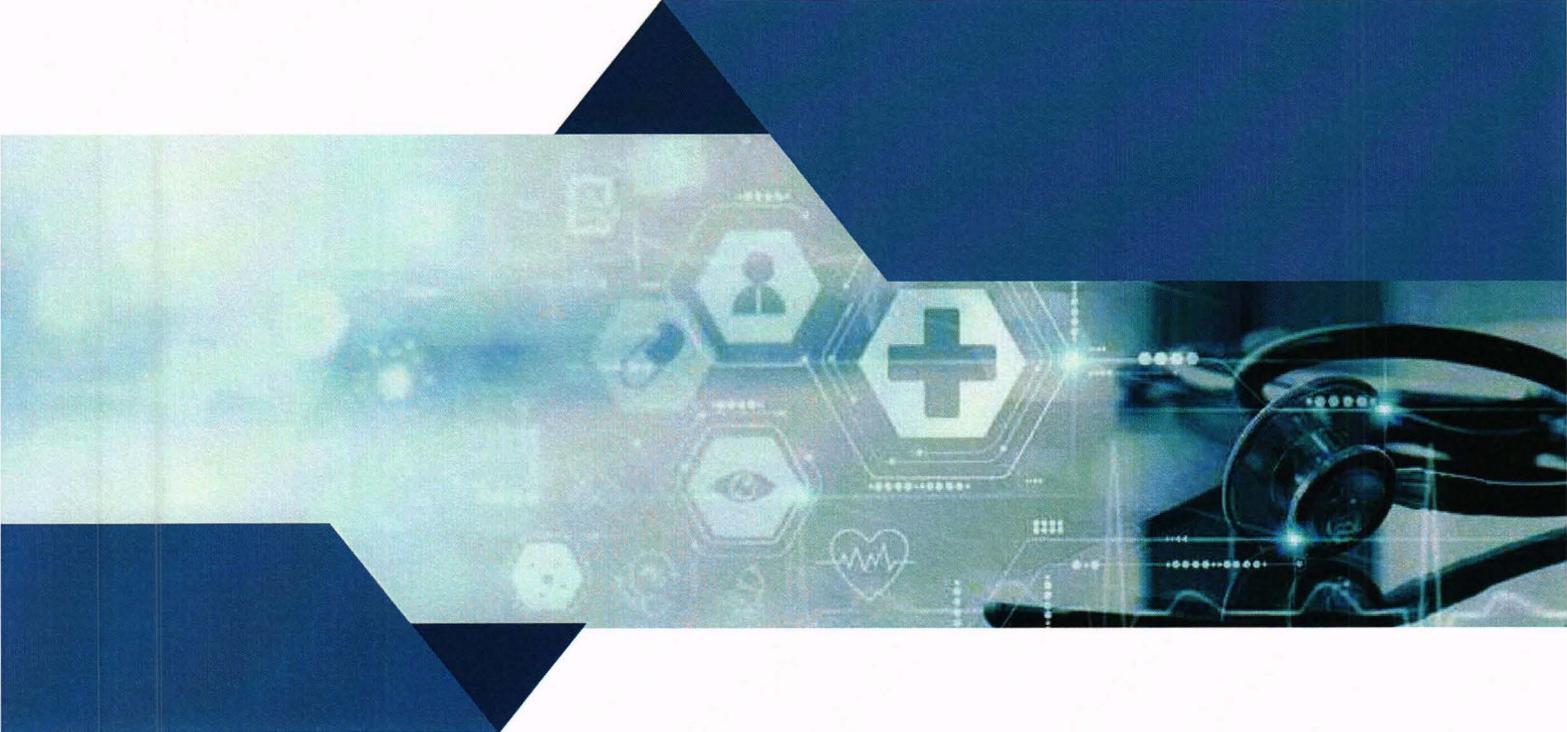




**Minnesota
Healthcare
Consortium**
Participating Minnesota Service Cooperatives

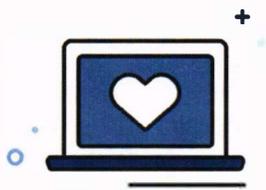
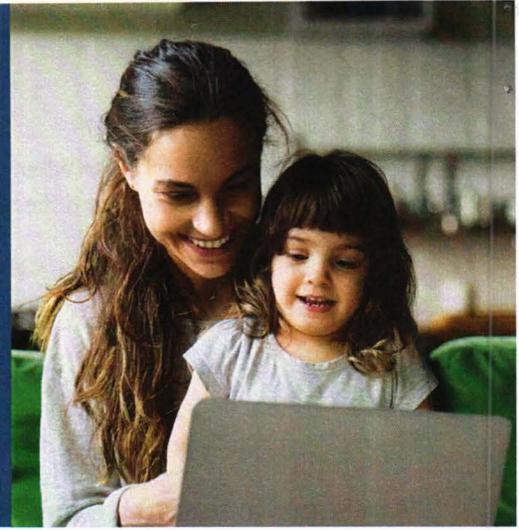


MEMBER RESOURCE GUIDE

2026

Resources provided by:
Minnesota Healthcare Consortium, NESC, & MEDICA.

Your member website



Your one-stop health plan resource

Discover a new, easy way to access your health plan information — online and through our mobile app.

We've updated the navigation and added new features to our online member website making it easier for you to manage your health plan benefits and improve your health. You can now:

- Download your ID card to your mobile wallet
- View plan benefits and details
- Check the status of claims
- Find a provider or clinic in your network
- View pharmacy benefits and resources
- Explore wellness programs and resources
- Go green and get your plan materials online
- Find documents and forms easily
- Get answers and info quickly

Here's how to create your account:

- Once your coverage is active, go to [Medica.com/SignIn](https://www.Medica.com/SignIn), select "Create account," follow the instructions, and confirm your email and membership
- Have your Medica ID number (found on your Medica ID card) or your partial social security number available

Already have an online account?

All your information is saved, but you may be asked to reset your password and security questions the next time you sign in.

Discover a seamless way to manage your Medica health plan from anywhere, anytime at [Medica.com/SignIn](https://www.Medica.com/SignIn) or search for the "Medica Member" app in the App Store or Google Play.



Have questions? We can help.

Call Member Services at the number on the back of your Medica ID card (TTY: 711).



Member Resources with Medica

Please refer to your Medica Member Portal for additional information.

Medica Member Portal:

Once your coverage is active, go to [Medica.com/SignIn](https://www.Medica.com/SignIn), select "Create account," follow the instructions, and confirm your email and membership. Have your Medica ID number (found on your Medica ID card) or your partial social security number available.

Member Portal Access to information

When you're signed in, what you can view is based on your dependent's age.

For dependents age 11 and younger

- Policyholder can see claims, Explanation of Benefits (EOB), and balances.
- Dependents will follow the policyholder's distribution preference for EOBs — either a hard copy in the mail or a digital copy

For dependents age 12 to 17

- Policyholder can view limited claim details (date of service, charges, discounted balance, amount the plan paid, amount owed) and balances, but not the EOB if procedures and services are deemed to include sensitive information.
- Dependents age 12 will get a paper EOB in the mail
- Dependents age 13 and older can view their own claims and select how they'd like to get their EOB — either a hard copy in the mail or a digital copy

For dependents age 18 and older (including spouse)

- Policyholder can't view any claims or balances

What's the difference between a deductible, copay, and coinsurance?

A **deductible** is the amount you pay each year before your insurance starts to pay.

- Non-embedded deductible: Everyone on the plan shares one family deductible.
- Embedded deductible: Each family member has their own deductible, in addition to a shared family one.

A **copay** is a set amount you pay for applicable services and prescriptions. For example, you might pay \$10 for a doctor's visit or prescription drug.

Once your deductible is met, **coinsurance** is your share of the cost for services or prescription drugs. Coinsurance is usually a percentage (for example, 20%).

What's an Explanation of Benefits (EOB)?

You can expect to receive an Explanation of Benefits (EOB) to explain who, when, and how much you may need to pay for health care services. It's not a bill, but it does include a summary of services and how your plan covers them.



Frequently referred to definitions.

More information available through your Medica Member portal

Allowed amount

The most a health insurance plan will pay for a covered service.

Annual deductible combined

The total amount a family has to pay out-of-pocket before their health plan starts to pay for care.

Formulary

Also called a drug list. This is a list of prescription drugs that an insurance plan covers.

Generic drugs

A prescription drug with the same active-ingredient formula as a brand-name drug.

Health Savings Account (HSA)

A special bank account that helps you set aside tax-free money for medical costs.

High-Deductible Health Plan (HDHP)

A plan with a lower monthly premium that requires you to pay higher health care costs before the insurance company starts to pay.

Network

Your network includes doctors, clinics, hospitals, pharmacies, and other providers. They contract with your insurer to provide services at discounted rates. Your benefits will only apply to providers in your plan's network.

Non-covered services

Some services aren't included in your health plan (also called exclusions). You pay the full cost of those services. Payments for non-covered services don't count toward your deductible or out-of-pocket maximum. Examples are cosmetic procedures, test drugs, and refractive eye surgery.

Open Enrollment Period (OEP)

The time each year when you can enroll in a health insurance plan.

Out-of-pocket maximum

This is a limit on what you pay in a year for covered services. Deductibles, copays, and coinsurance count toward this amount. Premiums don't.

Plan year

Also called a policy year, this is the 12-month period of benefits coverage. It may not be the same as the calendar year.

Qualifying Life Event (QLE)

A change in your situation that makes you eligible to buy or change insurance in a Special Enrollment Period. The changes can include getting married, having a baby, or losing health coverage.

Summary of Benefits and Coverage (SBC)

A summary that helps you compare costs, benefits, coverage, and other health plan features.



Summarized information on accessing care is included below. For detailed information please refer to the full Plan Document provided by Medica for each plan offered.

Before you Access Care

- Each time you receive health services, it is recommended that you confirm that your provider is in your plan's network. To see which providers are in your plan's network, check the online search tool at [Medica.com/SignIn](https://www.Medica.com/SignIn) or contact your MHC Dedicated Member Services representatives at **1-877-347-0282**
- Register for your Medica Member Portal to learn more about your plan benefits, review the medication list, and register for wellness programs. [Medica.com/SignIn](https://www.Medica.com/SignIn)
- The Summary of Benefits and Coverage and Plan Document for your selected plan has expanded information on each element of your plan. These documents are available to you on your member portal and from your administration office.

Prior authorization

- You may need prior authorization (approval in advance) from Medica before you receive certain services or supplies. When reviewing your request for prior authorization, Medica uses written procedures and criteria to determine whether a particular service or supply is medically necessary and is a covered benefit.
- To verify whether a specific service or supply requires prior authorization, please call Member Services and discuss this with your healthcare provider.
- Emergency services do not require prior authorization.

Prior authorization - Process

- Your healthcare provider must complete and submit a prior authorization request to Medica.
- Medica will review your request for prior authorization and respond to you and your attending provider within a reasonable period of time appropriate to your medical circumstances.
- If Medica does not approve the request for prior authorization, you have the right to appeal Medica's decision.
 - Information on how to submit the first level of review will be included on the communication sent to you and your provider by Medica.
 - If Medica's first level of review decision upholds the initial decision made by Medica, you have a right to request a second level review. The person who recommends resolution of the second level of review decision will not be the same person who made the first level of review decision.
 - If the second level of review upholds the preceding reviews, you may submit a request for an external review of Medica's decision to the Commissioner of Commerce. Information on how to submit the external review will be included on correspondence from Medica.

Submitting a Claim for non-network provider services

- Claim forms are provided in the Document Center at [Medica.com/SignIn](https://www.Medica.com/SignIn). You may also request claim forms by calling Member Services.
- You must submit the claim form to Medica no later than 365 days after receiving benefits. Your Medica ID number must be on the claim. Mail to the address identified on the back of your identification card.
- Upon receipt of your claim for benefits from non-network providers, the plan will generally pay to you directly the non-network provider reimbursement amount. You will need to work with your provider to be reimbursed.

Pharmacy – Specialty Medications

- Specialty medications are high-technology, high cost, oral or injectable drugs used for the treatment of certain diseases that require complex therapies. Many specialty medications require special handling and in most cases are prescribed by a specialist.
- If your current medication is noted with "PA" on the Medica drug list, ask your health care provider to submit a prior authorization request to Medica (after your plan starts) to get approval for your medication.

Your pharmacy benefits

Your plan covers a variety of prescription drugs and includes options for filling your prescriptions. Here's more on how your pharmacy benefits work.



What drugs are covered? How much will my prescriptions cost?

Covered drugs are on the Medica drug list. We offer more than one drug list, so check the list each time you change plans or get prescribed a new medication. The drug list include brand-name and generic drugs, and they're regularly reviewed and updated regularly by independent physicians and pharmacists. Your doctor can use your plan's list to choose medications that are right for you, while helping you get a good value. You can find the drug list on your member website at [Medica.com/SignIn](https://www.Medica.com/SignIn).

The drug list is divided into three groups, which determine your share of the costs (generic, preferred brand and non-preferred brand).

- Members with Medica's standard drug list generally have coverage for all three groups.
- Members with the Medica Generic's First drug list have coverage for drugs in the generic and preferred brand groups.
- Generic drugs have the lowest copayment or coinsurance.

To see your costs, sign in to your member website and click on the Medications tab. The Price a Medication tool lets you:

- See what drugs are covered
- Look up drug costs
- Check if there's a lower-cost generic option for your drug

How do I fill my prescriptions?

You can fill them at a retail pharmacy in your plan's network. If you've changed your plan recently, confirm your pharmacy is still in-network before your next prescription fill. To find a network pharmacy near you, sign in to your member website.

Many plans have options for filling ongoing prescriptions. Check your coverage document on your member website to see if your plan offers:

- **90-day refills:** You can pick up a three-month supply of medication at one time from some retail pharmacies. To find one near you, check your member website.
- **Mail Order:** Mail order let's you have ongoing medications mailed right to your home. Learn more on your member website or contact our designated mail order vendor, Express Scripts Pharmacy, at **1 (800) 263-2398**.

GO MOBILE!

You have access to a mobile app that helps you save money and manage your prescription benefits on the go. With the app you can:

- Check drug costs and learn how to save on your prescriptions
- Find a network pharmacy
- View a temporary prescription ID card
- Manage mail order prescriptions

You can download the free Express Scripts® app from the App Store or on Google Play.

*Express Scripts® administers Medica's pharmacy program.

When can I get refills?

You can refill your prescription when you've used 85% of your medication. The pharmacy calculates this amount based on your prescription's quantity and the date you last had it filled. As an example, say your prescription is for a 31-day supply:

Days' supply of medication	31
Multiplied by 85%	x 0.85
<hr/>	
	26

In this example, you can refill your prescription 26 days after you fill it. These refill guidelines help ensure safe use of medications and minimize waste. Need to refill sooner (for example, you are leaving on a vacation)? Call Member Services.

Are there any restrictions on my medications?

Some drugs have special requirements or limitations. You'll find them on the drug list and in the Price a Medication tool on your member website.

- **Prior Authorization (PA):** To get coverage, your doctor must first request approval from Medica.
- **Step Therapy (ST):** Step therapy is sometimes used when there are several drug options for treating the same condition. Before receiving coverage for a drug requiring step therapy, you must first try one or more preferred drugs.
- **Quantity Limit (QL):** The maximum amount allowed for a specific period of time or per prescription. For example, 60 tablets per month.

What is a specialty drug? How do I get a specialty prescription filled?

Some medications are considered specialty drugs. These drugs are used to treat certain complex health problems. They tend to be expensive and may need special handling. The Specialty Drug List is divided into two groups: preferred and non-preferred. Preferred specialty drugs have the lowest copayment or coinsurance. To see your share of the costs and a list of medications that are considered specialty drugs, check your member website. You'll fill most specialty drug prescriptions through our designated specialty pharmacy, Accredo Specialty Pharmacy. Contact them at **1 (866) 544-6817**.

What if I'm taking a maintenance medication?

If you have a plan with copays for prescriptions, preventive outpatient medications used to treat common disease states are covered with no additional cost to you. Some High Deductible Health Plans (HDHP) cover these medications before you meet your deductible. Check your coverage document for how your plan covers maintenance medication and whether the medication you take is on Medica's Preventive Drug List at [Medica.com/SignIn](https://www.Medica.com/SignIn).



Have questions? We're here.

Find information on your member website at [Medica.com/SignIn](https://www.Medica.com/SignIn). Or call Member Services at the number on the back of your Medica ID card (TTY: **711**).

Preventive care



Preventive care can help keep you healthy or catch a problem early. When you visit a network provider, your plan covers 100% of preventive services. But you'll pay part of the cost for most non-preventive services. This table shows the difference between these two types of services.

	PREVENTIVE SERVICES	NON-PREVENTIVE SERVICES
What is it?	<p>Preventive services generally:</p> <ul style="list-style-type: none"> • Screen for certain types of cancer • Immunize you against disease • Are received once per year, or as recommended by your doctor 	<p>Non-preventive services generally:</p> <ul style="list-style-type: none"> • Monitor existing conditions • Diagnose and treat a new condition • Address any health concerns you bring up during your visit
Examples	<ul style="list-style-type: none"> • Most immunizations • Well-child visits • Preventive prenatal care • Screenings for cancer, such as: <ul style="list-style-type: none"> > Breast (mammogram or 3-D mammogram)¹ > Cervical (Pap smear) > Colon (colonoscopy, computed tomographic (CT) colonography, or other tests)² • Screenings for other health concerns, such as: <ul style="list-style-type: none"> > Blood pressure > Cholesterol > Sexually transmitted infections (STIs) > Type 2 diabetes > Depression > Tobacco use > Alcohol misuse > Domestic violence 	<ul style="list-style-type: none"> • Treatment of illness or injury (e.g., earache, sore throat, cough, broken bone, etc.) • Earwax removal • X-rays • Medication consultation • Wart removal • Monitor ongoing conditions, such as: <ul style="list-style-type: none"> > Headaches > Trouble sleeping > High blood pressure > Diabetes > Heart conditions • Lab tests to monitor existing conditions

¹Your plan covers routine mammograms or 3-D mammograms (called digital breast tomosynthesis) as described above. However, if your doctor recommends additional tests, such as a breast ultrasound or MRI, your X-ray or other imaging benefits will apply. For most plans, that means you'll incur costs for those tests.

²Your plan covers a routine colonoscopy or computed tomographic (CT) colonography as described above. Other tests such as fecal/stool DNA testing (Cologuard[®]), barium enema, sigmoidoscopy, or fecal occult testing are also covered.

What if you get preventive and non-preventive services during your visit?

If you get both types of care (preventive and non-preventive) at your visit, the preventive services will be 100% covered. You'll pay part of the cost for the non-preventive services. To see how your plan covers those services, check your coverage document on your member website at [Medica.com/SignIn](https://www.Medica.com/SignIn).

What is preventive care?

The Affordable Care Act outlines what's considered preventive care. To learn more about what's covered, go to [HealthCare.gov](https://www.HealthCare.gov) and search for "preventive services."

How can I be more proactive about my health?

Go to [Medica.com/Prevention](https://www.Medica.com/Prevention) to learn more.



Have questions? We're here to help.

Contact Member Services at the number on the back of your Medica ID card. (TTY: **711**).

Example Explanation of Benefits (EOB) for a Preventive Visit

Claim Number: [REDACTED]		Par/Non: P		Provider: [REDACTED]						
Date(s) of Service/Description	Charges	Allowed Amount	Patient Non-Covered	Provider Responsibility	Notes ID	Deductible	Co-Pay	Co-Insurance	Paid Amount	Amount You Owe
3/12/24										
OFFICE VISIT	496.00	322.56	0.00	173.44	32	0.00	0.00	0.00	322.56	0.00
OFFICE VISIT	358.00	176.38	0.00	181.62	19	176.38	0.00	0.00	0.00	176.38
TOTALS	854.00	498.94	0.00	355.06		176.38	0.00	0.00	322.56	176.38

Total Amount You Owe 176.38

Claim Number: [REDACTED]		Par/Non: P		Provider: [REDACTED]						
Date(s) of Service/Description	Charges	Allowed Amount	Patient Non-Covered	Provider Responsibility	Notes ID	Deductible	Co-Pay	Co-Insurance	Paid Amount	Amount You Owe
3/12/24										
BLOOD COLLEC	11.00	10.24	0.00	0.76	32	10.24	0.00	0.00	0.00	10.24
LABORATORY	14.00	5.13	0.00	8.87	32	5.13	0.00	0.00	0.00	5.13
LABORATORY	27.00	9.29	0.00	17.71	32	9.29	0.00	0.00	0.00	9.29
LABORATORY	34.00	12.62	0.00	21.38	32	0.00	0.00	0.00	12.62	0.00
TOTALS	86.00	37.28	0.00	48.72		24.66	0.00	0.00	12.62	24.66

Claim Number: [REDACTED]		Par/Non: P		Provider: [REDACTED]						
Date(s) of Service/Description	Charges	Allowed Amount	Patient Non-Covered	Provider Responsibility	Notes ID	Deductible	Co-Pay	Co-Insurance	Paid Amount	Amount You Owe
3/12/24										
LABORATORY	43.00	16.00	0.00	27.00	32	0.00	0.00	0.00	16.00	0.00
LABORATORY	30.00	11.60	0.00	18.40	32	11.60	0.00	0.00	0.00	11.60
PROF SVCS	61.00	23.08	0.00	37.92	32	0.00	0.00	0.00	23.08	0.00
TOTALS	134.00	50.68	0.00	83.32		11.60	0.00	0.00	39.08	11.60

Total Amount You Owe 36.26

Clarification on Example:

- Highlighted content references the Preventive Visit charges. No cost for the member.
- Remaining charges are the responsibility of the member.

It is not uncommon to receive a separate office visit charge for your preventive visit. There are a few reasons why this might happen:

Additional Concerns Addressed: During your preventive visit, if you or your doctor discussed or addressed additional health concerns beyond the scope of a routine preventive exam (such as a new symptom, ongoing health issue, or specific complaint), this may trigger an additional office visit charge. This is because the focus shifts from preventive care to addressing a specific health problem, which requires additional time and evaluation.

Lab work plays a crucial role in early detection, assessment, and management of health issues. When done in conjunction with regular check-ups and screenings, it helps promote overall health and well-being by identifying risks early and guiding appropriate interventions. If additional lab work is ordered by your doctor that is beyond the scope of the routine preventive lab work, this may trigger additional charges.

Medica EOB NOTE ID Explanation: (content below taken from Medica EOB)

- 19 Based on multiple/concurrent procedure rules. Fee reduction. Do not bill member.
- 32 Multiple procedures were performed on the same date of service. Payment has been reduced to comply with our fee reduction guidelines. Charge exceeds fee schedule / maximum / allowable / contracted / legislated fee arrangement.

Information provided in this document has not been provided by a healthcare professional. Please talk with your provider to receive professional guidance on your healthcare.

Getting your preventive visit is important for multiple reasons:

1. **Early Detection of Health Issues:** Regular check-ups help detect potential health problems early before they become serious. This allows for timely intervention and treatment, which could improve outcomes and reduce complications.
2. **Monitoring Health Trends:** Your doctor can monitor changes in your health over time, establishing a baseline and detecting any deviations. This helps in identifying emerging health risks or conditions that may develop.
3. **Health Promotion:** Preventive visits focus not only on diagnosing illnesses but also on promoting overall health and well-being. Your doctor can provide advice on healthy lifestyle choices, such as diet, exercise, and stress management.
4. **Health Screenings:** Preventive visits ensure you are up-to-date on screenings appropriate for your age and health status. These measures can prevent certain diseases or detect them early when treatment is more effective.
5. **Establishing a Relationship with Your Doctor:** Regular visits help build a relationship with your healthcare provider. This rapport is valuable as it allows for better communication, trust, and understanding of your individual health needs.
6. **Cost Savings:** Preventive care is generally less expensive than treating health conditions once they have progressed. By addressing health concerns early, you can potentially avoid more costly medical interventions later.
7. **Peace of Mind:** Knowing that you are proactive about your health and taking steps to prevent illness can provide peace of mind and a sense of control over your well-being.

Overall, preventive visits are crucial for maintaining good health, preventing disease, and ensuring you receive appropriate medical care tailored to your needs.



Information provided in this document has not been provided by a healthcare professional. Please talk with your provider to receive professional guidance on your healthcare.

When + where to get care



How to find the best care for you

Taking charge of your health care can be difficult. With so many choices on where to get care, how can you find the option that works best for you? This information will help you understand your options.

When you need routine care:

DOCTOR'S OFFICE (PRIMARY CARE CLINIC)	HOW IT WORKS
<ul style="list-style-type: none"> • For preventive and routine care • Only open during regular business hours • Usually need an appointment 	<p>In most cases, it's best to see your primary care doctor. This is the doctor who knows you and your health history, can also easily look up your medical records, provide follow-up care, or refer you to specialists if needed.</p>

When you have a common illness:

CONVENIENCE CARE/VIRTUAL CARE	HOW IT WORKS
<p>Convenience Care Center</p> <ul style="list-style-type: none"> • For common minor illnesses, such as a sore throat or ear infection • Not for emergencies • For those 18 months and older • May be open after hours, weekends, and/or holidays • No appointment needed 	<p>You can find care sites in:</p> <ul style="list-style-type: none"> • Shopping malls • Pharmacies • Other retail stores <p>Convenience care clinics are staffed by nurse practitioners or other licensed medical professionals. They don't typically have a medical doctor on site.</p>

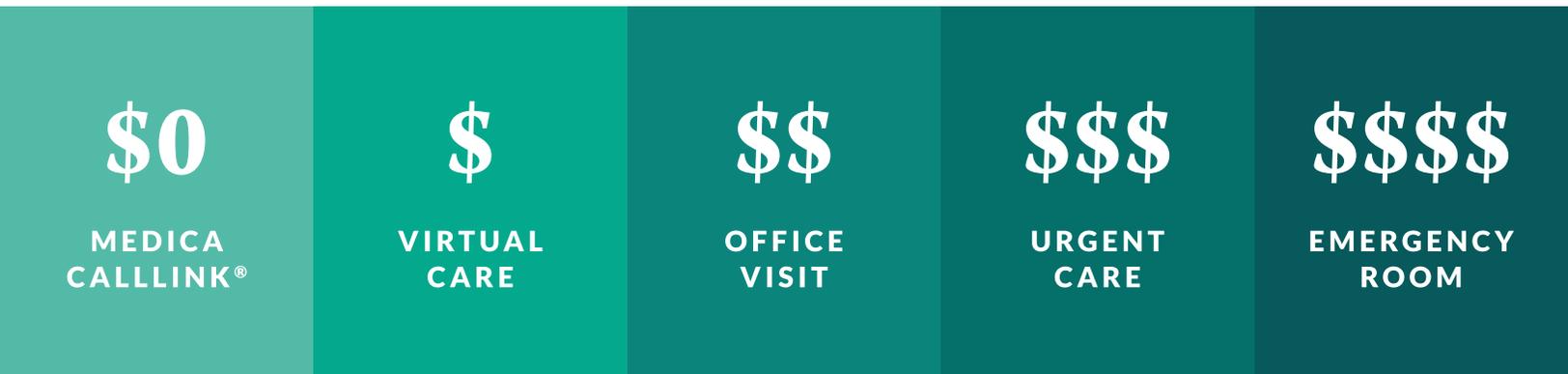
<p>Virtual Care</p> <ul style="list-style-type: none"> • Able to treat common health conditions • Not for emergencies • Available after hours and sometimes 24/7 • No appointment needed • Online access from home, work, or wherever you are 	<p>Also known as online care or e-visits, virtual care is a convenient way to connect with your provider from a computer or mobile device. You can get a diagnosis, a treatment plan, and a prescription (if needed). It may cost less and save you time for non-urgent matters. Most benefit plans cover virtual care. To see if yours does, check your coverage document on your secure member site at Medica.com/SignIn.</p>
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MEDICA CALLINK®	HOW IT WORKS
<ul style="list-style-type: none"> • Decide what type of care will meet your needs • Learn more about a diagnosis • Understand symptoms and treatment options • Get information on preventive screenings services and immunizations 	<p>Connect with trusted advisors and nurses 24/7 to get the health answers you need – at no extra cost.* Call 1 (800) 962-9497 (TTY: 711).</p>

When you need care right away:

URGENT/EMERGENCY CARE	HOW IT WORKS
<p>Urgent Care Center</p> <ul style="list-style-type: none"> • For minor illnesses or injuries that need immediate care • Not for emergencies • Open weeknights and often on weekends, and/or holidays • No appointment needed 	<p>Urgent care centers treat sprains, minor broken bones, mild asthma attacks, minor infections and rashes, small cuts, flu-like symptoms, sore throats, and other minor illnesses. They're staffed by physicians, and typically treat patients on a first-come, first-served basis.</p>
<p>Emergency Room (ER)</p> <p>If your situation seems life threatening, go to an ER or call 911 right away.</p> <ul style="list-style-type: none"> • For true emergencies • Open 24 hours a day, 7 days a week • No appointment needed <p>Go to the ER for things like:</p> <ul style="list-style-type: none"> • Heavy bleeding • Large open wounds • Severe head injuries • Trouble breathing • Chest pain • Signs of stroke (sudden change in vision, sudden weakness, sudden trouble talking) • Major burns 	<p>Emergency rooms are designed and staffed to treat people with severe and immediate medical needs. Patients with true emergencies will be seen first, so if you go to an ER with a non-emergency need, you may have a long wait. Plus, ER care usually costs you a lot more than using a clinic or other care option.</p>

Determining your costs



Helpful resources

- 💡 Find a network provider using the online provider search tool at [Medica.com/FindADoctor](https://www.Medica.com/FindADoctor).
- 💡 Talk with a nurse or advisor any time, day or night, with **Medica CallLink®**.*
- 💡 Talk with a **Member Services** representative (call the phone number on the back of your Medica ID card if you have questions).

*Medica CallLink® is not available with all Medica plans. If the CallLink phone number is not listed on the back of your Medica ID card, and you want to see if your plan includes this service, please contact Member Services at the number listed on the back of your Medica ID card. The information offered by this service is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health providers with questions you may have regarding a medical condition. No part of this service is intended to provide a medical diagnosis or treatment.

Medica CallLink[®]



Put worries to rest with 24/7 support

Medica CallLink connects you with trusted advisors and nurses to get the health answers you need—at no extra cost.

Features you'll love

- Learn more about a diagnosis.
- Decide what type of care will meet your needs.
- Understand symptoms and treatment options.
- Make a plan to add healthy habits to your day.
- Discover the right way to take your medications.
- Find a doctor or hospital and make an appointment.
- Get information on preventive screening services and immunizations.
- Access a 1,000+ audio library on many health and wellness topics.

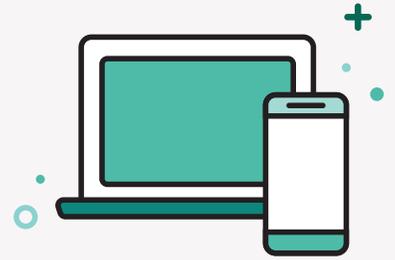


Need help? We're here.

Talk with an advisor or nurse, 24/7. **1 (800) 962-9497 (TTY: 711).**

*Medica CallLink is not available with all Medica plans. If the CallLink phone number is not listed on the back of your Medica ID card, and you want to see if your plan includes this service, please contact Customer Service. The Customer Service number is listed on the back of your Medica ID card. The information offered by this service is not intended to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health providers with questions you may have regarding a medical condition. No part of this service is intended to provide a medical diagnosis or treatment.

Virtual Care



Save time + connect with your provider online

Virtual care, also known as online care or an e-visit, is a convenient way to get care for many common conditions. Connect with a provider from your computer or mobile device to get a diagnosis, treatment plan, and prescription (if needed).

Virtual care may be a time-saving option for common conditions like:

- Allergies
- Bladder infections
- Bronchitis
- Colds and coughs
- Ear pain
- Flu
- High blood pressure
- Migraines
- Pink eye
- Rashes
- Sinus infections

With a virtual care visit, you:

- Avoid a trip to the doctor's office and get care from the comfort of your home, work, or wherever you are
- Initiate the visit at your convenience – no appointment needed
- Get care when you need it – visits are often available after clinic hours, sometimes even 24/7
- May save money – a virtual care visit can cost less than a regular visit to the doctor's office, depending on your plan

VIRTUAL CARE OPTIONS

- Many clinics let you connect with your provider online
- Amwell ([Amwell.com/cm](https://www.amwell.com/cm))
- Virtuwell® ([Virtuwell.com](https://www.virtuwell.com))

See the back for more information.

Virtual care options

You can access virtual care through providers in your plan's network. Check your virtual care options at [Medica.com/FindCare](https://www.Medica.com/FindCare). Your virtual care options may include the options below:

YOUR CLINIC	HOW IT WORKS
<p>Many clinics offer: virtual care, online care, or e-visits. Visit Medica.com/FindCare to see which clinics in your plan's network offer virtual care services.</p>	<p>Check with your clinic to see if it offers virtual care and how you can connect with your provider online.</p>
AMWELL	HOW IT WORKS
<p> Amwell is a 24/7/365 online clinic available in every state.</p> <p>Services include:</p> <ul style="list-style-type: none">• Treatment for common medical conditions. Visits are typically a lower cost option to an in-person visit, depending on your plan's coverage for virtual care.• Behavioral health care services, including therapy and psychiatry. Cost per visit may vary depending on your plan and type of service. Eligible services are covered under your plan as a behavioral health office visit.*• Amwell also offers other online services, but it's not an in-network provider. You can use those services, but you'll pay the full cost for care.	<p>You have a video visit with a board-certified doctor or nurse practitioner using the web or mobile app.</p> <ol style="list-style-type: none">1. To get started, create an Amwell account: Smartphone/tablet: Download the free Amwell app from the App Store or Google Play Computer: Go to Amwell.com/cm Phone: 1 (844) 733-36272. Enter your email address, create a password, then add the requested insurance information from your Medica ID card.3. Select a doctor or nurse practitioner and follow the prompts to start your visit.4. The provider will review your history, answer questions, diagnose, treat, and prescribe medication (if needed).5. If you need a prescription, it'll be sent to your pharmacy. The cost of your prescription will be based on your plan's prescription drug coverage.
VIRTUWELL	HOW IT WORKS
<p> Virtuwell is a 24/7/365 online clinic available in select states.**</p> <p>Virtuwell is not an in-network provider for the following plan networks: Altru and You with MedicaSM, Clear Value with MedicaSM and VantagePlus with MedicaSM.</p> <p>Services include:</p> <ul style="list-style-type: none">• Treatment of common medical conditions. Check the virtuwell website for current pricing. Visits are typically a lower cost option to an in-person visit, depending on your plan's coverage for virtual care.	<p>You have an online visit with a certified nurse practitioner.</p> <ol style="list-style-type: none">1. Go to Virtuwell.com and take a quick online interview that checks your medical history and makes sure your problem can be treated online.2. If you can be treated online, you'll create an account with your contact, insurance, pharmacy, and payment information.3. A nurse practitioner will review your case and write a personalized treatment plan. You'll get an email or text when your plan is ready.4. If a prescription is needed, it'll be sent to your pharmacy. The cost of your prescription will be based on your plan's prescription drug coverage.

*To check your plan's coverage for behavioral health, sign in to your member account at [Medica.com/SignIn](https://www.Medica.com/SignIn) or call the number on the back of your Medica ID card.

**Visit [Virtuwell.com](https://www.Virtuwell.com) for a list of available states.

Wellness Programs

Your Minnesota Healthcare Consortium health plan includes resources to help you and your employees stay healthy and get support – at no extra cost to employees.

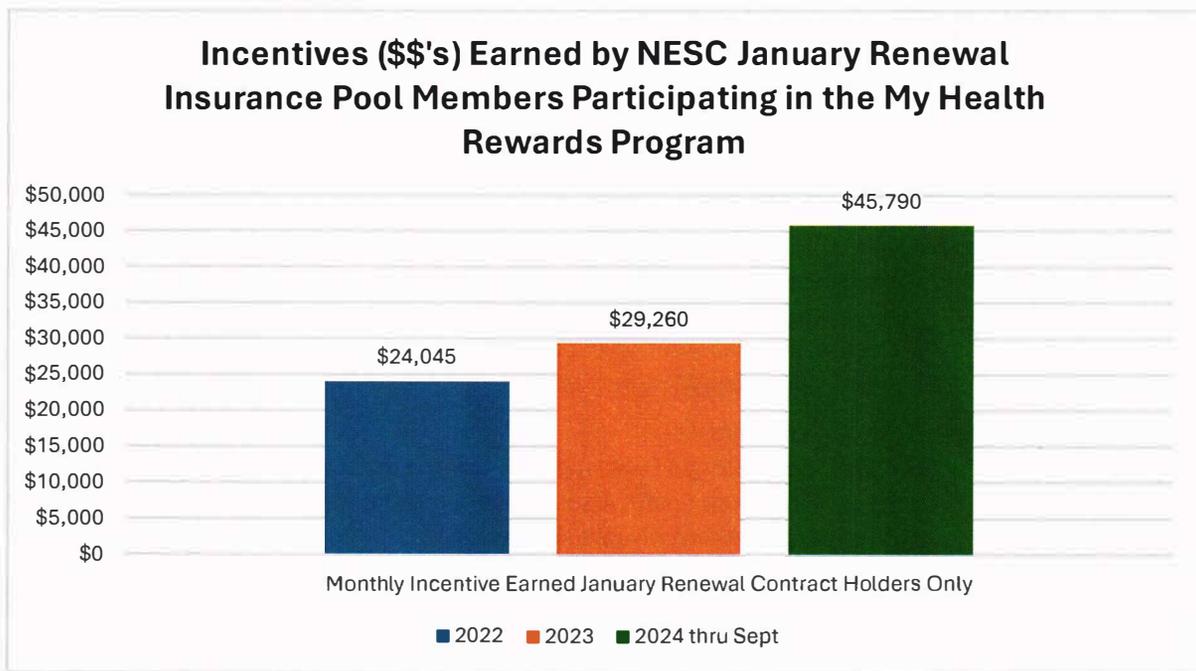
PROGRAM	RESOURCES
Medica CallLink®	Trusted answers day or night. Get 24-hour health support from advisors and nurses. Call 1 (800) 962-9497 (TTY: 711).
My Health Rewards by Medica®	<p>Get inspired to make positive changes. Complete activities personalized just for you and earn rewards. Employees can earn up to \$345 in rewards per year and spouse and dependents can earn up to \$225 in rewards per year.</p> <p><i>Employees:</i></p> <ul style="list-style-type: none"> • Download the free Personify Health app from the App Store or Google Play. • Open the app, choose <i>Create Account</i>, and search for and choose <i>Minnesota Healthcare Consortium</i> on the sponsor organization list. • Or go to Medica.com/MHC to create your account online. <p><i>Spouses and dependents ages 18+:</i></p> <ul style="list-style-type: none"> • Download the free Personify Health app from the App Store or Google Play. • Open the app, choose <i>Create Account</i>, and search for <i>Medica</i> on the sponsor organization list. Then choose <i>Medica My Health Rewards</i>. • Or go to Medica.com/MHC to create your account online.
Omada	<p>Personalized support to reach your health goals. Omada’s digital health programs give you the tools and support you need:</p> <ul style="list-style-type: none"> • Omada for Prevention helps you make small changes to lose weight and reduce your risk for diabetes and heart disease. • Omada for Diabetes provides personalized coaching and digital tools to help you improve your blood glucose control. • Omada for Joint & Muscle Health helps you build muscle to prevent aches and pains, and connects you with a licensed physical therapist to help treat current muscle or joint pain, all on your mobile device and schedule. <i>(Available to members enrolled in a Medica Choice® Passport plan).</i> <p>Learn more at OmadaHealth.com/MHC.</p>
Ovia Health	<p>Access live and tailored 1:1 support for every journey. Ovia Health is here to guide and support you through all of life’s moments: From cycle tracking and trying to conceive, to pregnancy, parenting, and managing perimenopause and menopause. Get clinically-backed content and unlimited support from Ovia’s Care Team of health coaches, registered nurses, nutritionists, and certified nurse midwives. Sign in to your member account to learn more about the Ovia apps and enroll at no cost: Medica.com/SignIn.</p>
Self Care by AbleTo	<p>On demand help for stress and emotional well-being. Access self-care techniques, coping tools, meditations, sleep tracking, and more at no additional cost to you — anytime, anywhere with Self Care by AbleTo. To get started, visit AbleTo.com/Begin and enter "Medica" when asked for your access code. After you register, download the AbleTo app.</p>

Are You Leaving Money on the Table???

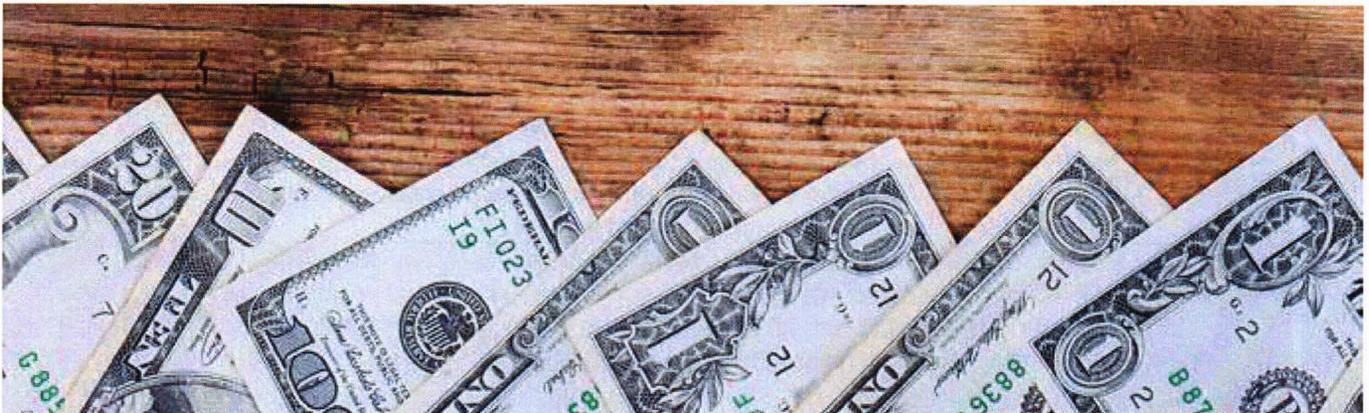
If you are...STOP!

Join fellow NESC insurance pool members who are earning cash rewards by participating in the My Health Rewards Program!

Don't delay – START TODAY!



[CLICK HERE](#) or go to www.medica.com/mhc to Register and start earning today!



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



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. To get started, download the Virgin Pulse app, free in the App Store and on Google Play. Or go to [Medica.com/MHC](https://www.Medica.com/MHC).



Personalized Family and Women’s Health Program

Support for your entire parenthood journey. Ovia Health guides you through your pregnancy, parenting, and reproductive health journey – including trying to conceive and managing menopause. Get clinically-backed content and unlimited support from Ovia’s team of health coaches, registered nurses, and certified nurse midwives. Download the Ovia app that’s right for you for free from the App Store or Google Play. Enter your health plan information to access all the unique tools and features.



Omada

Personalized support to reach your health goals. Omada’s digital health programs give you the tools and support you need.

- **Omada for Prevention**

Helps you make small changes to lose weight and reduce your risk for diabetes and heart disease.

- **Omada for Diabetes**

Provides personalized coaching and digital tools to help you improve your blood glucose control.

- **Omada for Joint & Muscle Health**

Is a virtual program available to members enrolled in a Medica Choice® Passport plan. It helps you build muscle to prevent aches and pains, and connects you with a licensed physical therapist to help treat current muscle or joint pain, all on your mobile device and schedule.

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

On demand help for stress and emotional well-being. Access self-care techniques, coping tools, meditations, sleep tracking, and more at no additional cost to you — anytime, anywhere with Self Care by AbleTo. Check in, track your progress, and explore personalized content that you can move through at your own pace on your mobile device. Build skills you can use for life to feel better. To get started, visit **AbleTo.com/Begin** and enter “Medica” when asked for your access code. After you register, download the AbleTo app.

Find information



Your digital one-stop health plan resource

Manage your plan from any device, at any time. With your member account, you can:

- Download and print your ID card and order extras
- Find health care and virtual care providers, clinics, and pharmacies in your network
- Track your medical claims and prescription drugs
- Check medical procedure and drug costs
- See what your plan covers and find out your share of the costs
- Explore wellness programs and behavioral health resources

Create an account at **Medica.com/SignIn** or search for the “Medica Member” app in the App Store or Google Play to manage your health plan benefits and improve your health on-the-go.



Have questions? We're here to help.

Call Member Services at **1 (877) 347-0282** (TTY: 711).

My Health Rewards by Medica®



Your healthier future starts now

The My Health Rewards online tool and app lets you log healthy habits, track activity through a fitness tracker, and complete other healthy activities to earn rewards. Rewards can be redeemed for e-gift cards and health and fitness products. You can also choose to donate your rewards to a charitable cause.

Sign up today

Follow these easy steps to create an account once your plan year starts. Already have an account? Sign in on the Personify Health app (formerly Virgin Pulse) or at [Medica.com/MHC](https://www.Medica.com/MHC).

Contract Holders:

- 1 Download the free Personify Health app (formerly Virgin Pulse) from the App Store or Google Play.
- 2 Open the app and click on “Create Account” under the “Sign In” button.
- 3 Search for and choose **Minnesota Healthcare Consortium** on the sponsor organization list.
- 4 Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online? Go to [Medica.com/MHC](https://www.Medica.com/MHC) to create your account.

Spouses and dependents ages 18+:

- 1 Download the free Personify Health app (formerly Virgin Pulse) from the App Store or Google Play.
- 2 Open the app and click on “Create Account” under the “Sign In” button.
- 3 Search for and choose **Medica My Health Rewards** on the sponsor organization list.
- 4 Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online?

Go to [Medica.com/MHC](https://www.Medica.com/MHC) to create your account.

Assess your health

Keeping up with preventive care keeps you feeling your best. First, go to the “Health” tab to complete your health assessment. Then, “My Care Checklist” gives you personalized, friendly reminders that let you know when you’re due to see your health care provider. Earn points by tracking your preventive care screenings and visits. You’ll even earn a bonus \$5 reward each year when you complete your annual health checkup (just enter the date in “My Care Checklist”).

Connect your fitness tracker

Earn points by connecting your fitness tracker and apps to track your activity, sleep, calories, and more. For a full list of compatible trackers, go to “Devices & Apps” in the “More” section. To connect a fitness tracker:

- 1 Go to “Devices & Apps” in the “More” section
- 2 Choose the device or app you’d like to connect
- 3 Follow the on-screen instructions

Personalize your health journey

Go to “Topics of Interest” under the “More” section to choose topics you’re interested in: eating healthy, sleeping well, reducing stress, and more. You’ll get daily learning cards with helpful tips. Do some of them, and you’ll earn points toward rewards!



Choose the tools and programs that work for you

Get rewarded for using tools and Medica programs that can help improve your overall well-being. Go to the “Benefits” page and click “View All” to learn more about them.

Earn points, get rewards

- 1 Go to the “Rewards” page
- 2 Click on “Learn How to Earn More Points”
- 3 See a list of all the ways you can earn

A monthly statement, also under the “Rewards” page, gives you a summary of the points you’ve earned. Your points add up throughout the year.

WAYS TO EARN	POINTS	REWARDS CASH	REWARD TYPE
EARN PROGRAM POINTS	2,000	\$10	E-gift card or other options
	10,000	\$20	E-gift card or other options
	25,000	\$50	E-gift card or other options
	40,000	\$80	E-gift card or other options
\$160 per year			
20-DAY TRIPLE TRACKER	Track any combination of the following activities on 20 or more days in a calendar month to earn a bonus reward: <ul style="list-style-type: none"> • 7,000 steps a day and/or; • 15 active minutes a day and/or; • 15 workout minutes a day. 	Contract Holders: \$15 per month Spouses/dependents ages 18+: \$5 per month	E-gift card or other options
PREVENTIVE CHECKUP	Complete your annual preventive checkup and earn a bonus reward. Go to My Care Checklist in the Health tab and enter your preventive checkup completion date.	\$5 per year	E-gift card or other options
Point-based rewards + 20-day triple tracker + preventive checkup =		\$345 in potential rewards per year (Contract Holders) \$225 in potential rewards per year (Spouses/dependents ages 18+)	

Go to the mobile app or sign in to your account at [Medica.com/MHC](https://www.Medica.com/MHC) to get started.



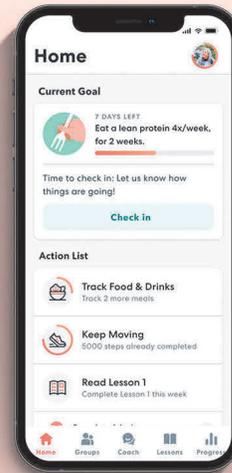
Have questions? We’re here to help.

Email MyHealthRewards.Support@personifyhealth.com or call **1 (833) 450-4074**.
Use the Chat button if you’re using a web browser.

My Health Rewards is not available with all Medica plans. Medica reserves the right to modify the program requirements and devices at any time. Participation in a wellness program is optional. Rewards are available to all eligible employees that participate. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Email MyHealthRewards.Support@personifyhealth.com or call Personify Health at **1 (833) 450-4074** for information on available reasonable alternative standards and we will work with you (and, if you wish, your physician) to find a wellness activity with the same reward that is right for you in light of your health status.



Better health, made easier



Whatever ‘healthy’ means to you, Omada® helps you get there.
All at no cost to you.

What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

Do what works for you

We’ll help you figure out the healthy habits and routines that work for you—motivation included.

24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

You decide what ‘healthy’ means

Try new things you actually enjoy, rather than avoiding foods you “can’t eat” or things you “shouldn’t do.”

The best part? It’s covered.

If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our Medica health plan, Minnesota Healthcare Consortium will cover the entire cost of the program.

It only takes 1 minute to get started.

With Omada, there’s a program for you

-  Weight loss & overall health
-  Diabetes

omadahealth.com/mhc





Take the first step towards a healthier you with Omada[®]

MHC is proud to offer Omada—a virtual health program to help members create healthier habits with one-on-one personal coaching and the tools needed to make long-lasting health changes.



Get started with Omada in 3 simple steps



Apply

Easily complete the application.

(You'll get an email within 48 hours letting you know if you are eligible).

5-10 min

Set Up Account

Personalize your Omada experience by answering a few questions.

10 min

Receive Welcome Kit*
Say hello to your connected smart devices.

+ Meet Your Team
Meet your health coach and connect with your online peer group.

1-2 weeks

Get Started

You'll kick off on a Sunday with an introduction from your health coach and your first lesson.

First CGM sensor arrives

Diabetes members can easily connect the CGM to their account.

You have access to Omada at \$0 cost to you, if eligible.

Claim your benefit at: omadahealth.com/MHC

*Certain features and smart devices are only available for certain programs and if you meet program and clinical eligibility requirements.

The no cost CGM excludes Medicare, Medicaid, and other government payers. The Abbott FreeStyle Libre 14 day system is available to eligible participants with a valid prescription and compatible smartphone. Setup is required for continuous glucose monitoring. The circular shape of the sensor housing, FreeStyle, Libre, and related brand marks are marks of Abbott. FreeStyle Libre 14 day system: Failure to use FreeStyle Libre 14 day system as instructed in labeling may result in missing a severe low or high glucose event and/or making a treatment decision, resulting in injury. If readings do not match symptoms or expectations, use a finger stick value from a blood glucose meter for treatment decisions. Seek medical attention when appropriate or contact Abbott at 855-632-8658 or FreeStyleLibre.us for safety info.

Images, including apps, do not reflect real members or information about a specific person.

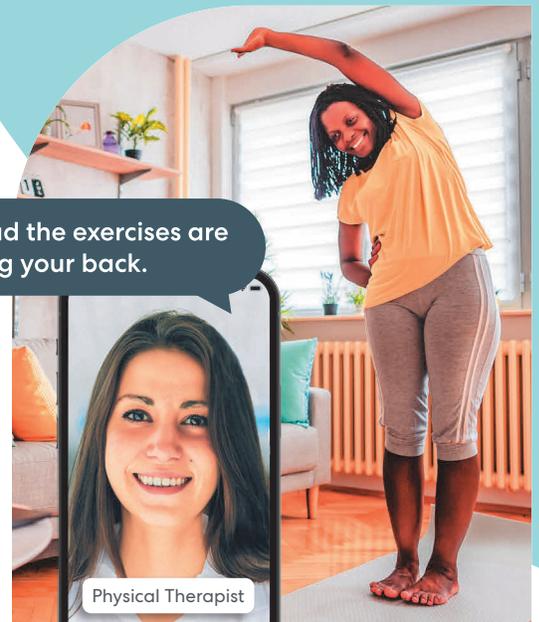


Put an end to aches and pains

Introducing Omada® for Joint & Muscle Health, a virtual physical therapy program that connects you with your very own dedicated licensed physical therapist* to diagnose and treat your aches and pains—all from your smartphone or tablet.

Meet your physical therapist as soon as tomorrow. No driving to appointments, no waiting rooms.

Omada for Joint & Muscle Health is available to Medica members who: are at least 13 years old; are enrolled in a Medica Choice® Passport plan; and live in Iowa, Minnesota, Missouri, North Dakota, South Dakota, or Wisconsin. Your out-of-pocket costs will depend on your plan benefits and the services you access through the program. There's no cost for the prevention program. For a PT consultation and the PT-guided recovery program, each will be covered as an office visit under your plan's physical therapy benefits and applicable copay, deductible, and/or coinsurance rates will apply.



Join in less than one minute:
omadahealth.com/MHC

Your personal Omada physical therapist will help you:

- ✓ **Reduce pain**
Your licensed physical therapist will create a custom treatment plan to treat the source of your pain.
- ✓ **Move better**
Increase your strength and flexibility with the free exercise kit included.
- ✓ **Prevent injuries**
Your PT tracks your progress during treatment and makes adjustments to ensure your pain improves and stays that way.
- ✓ **Manage stress**
Get personalized support and resources from your physical therapist to ensure a healthy mindset.

What do you get as a member?

- ✓ Dedicated licensed physical therapist
- ✓ Personalized treatment plan
- ✓ Unlimited video visits
- ✓ Free exercise kit
- ✓ Tools for a healthy mindset

“Members love Omada

“I feel so much better than when I started Omada. It's amazing, the improvement in my neck, shoulder, hip and knees! I love that I can hike again without the subsequent knee pain.”

- Regena, Omada member

98% of Omada members see improvement in their area of concern and you can too.

Testimonials are based on the member's real experiences and individual results. Results may vary based on individual and demographic factors. We do not claim that these are typical results that members will generally achieve.

*The program features described are specific to the complete version of Omada® for Joint & Muscle Health. Members not experiencing a relevant injury or musculoskeletal condition may instead receive a preventive version of the program, which includes different features and does not include a physical therapist.

Ovia Health



Personalized family and women's health programs

Ovia Health guides you through your entire pregnancy, parenting, and reproductive health journey – including trying to conceive and managing menopause. Get clinically-backed content and unlimited support from Ovia's team of health coaches, registered nurses, and certified nurse midwives within Ovia Health's apps: Ovia and Ovia Parenting.

With Ovia Health apps, you get:

A health assessment and symptom tracking

Get alerts and personal coaching when you need it

Calendars, updates, and checklists

Use a pregnancy calendar, daily baby updates, and a development checklist to track milestones for you and your baby

Health and wellness programs

Learn about infertility, sexual health, menopause, birth planning, preterm delivery, mental health, breastfeeding, and more

Unlimited one-on-one coaching

Send instant messages to registered nurse health coaches

Benefit library

Learn about your health care benefits from one, easy-to-find place

Career and return-to-work programs

Find coaching and career advice about maternity leave, returning to work, and being a working parent

Dedicated Ovia advocate

Message a trusted, skilled professional to help you navigate your journey and learn about resources



Have questions? We can help.

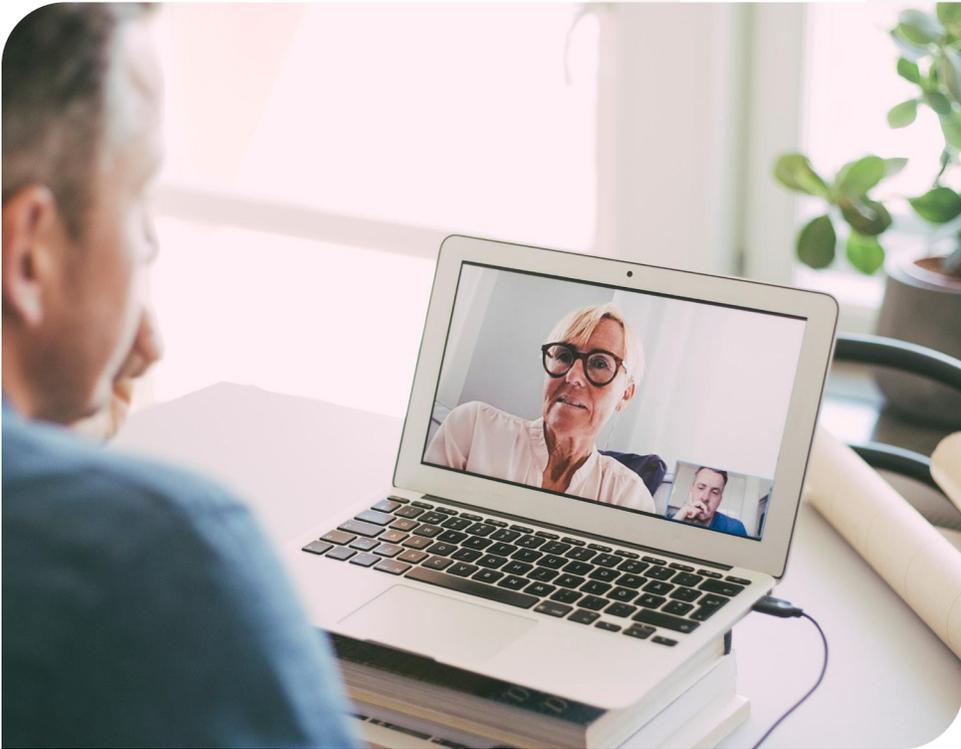
Call Member Services at the number on the back of your Medica ID card (TTY: **711**).



Getting started with Ovia Health

As a Medica member, you can use the exclusive Ovia Health features including one-on-one coaching, reproductive health support, symptom tracking, return-to-work tools, and more. Follow these steps to get started:

1. Download Ovia or Ovia Parenting from the App Store and Google Play.
2. Sign up and choose "I have Ovia Health as a benefit."
3. Enter your state, health plan (Medica), and personal details.
4. Get started!



Behavioral health resources

Navigating mental health support and substance use disorder with Medica

Facing challenges like anxiety, stress, isolation, or substance use can feel overwhelming. You're not alone. One in five people will experience mental illness, and everyone encounters stress. Reaching out for support is a sign of strength. We are here to help you or your loved ones feel better.

Getting the right help

If you're having behavioral health concerns, we've got resources to support you. Read on to learn more about our programs and go to **Medica.com/SignIn** to review your plan's mental health and substance abuse coverage.

If you have an emergency or life-threatening situation, go to an emergency department or call 911. If you have a crisis or need help right away, call our Behavioral Health crisis line 24/7 at **1 (800) 848-8327** (TTY: **711**) or reach the national mental health crisis hotline by dialing **988**.

RESOURCE	CONSIDER USING IF YOU WANT TO...	HOW TO USE IT
<p>Medica Behavioral Health^{SM 3}</p> <p><i>Behavioral health services that include mental health and substance use support</i></p>	<ul style="list-style-type: none"> Find a provider that works for you from our behavioral health network which includes more than 300,000 providers nationwide Connect with a counselor (in-person or virtually) in times of stress, anxiety, or crisis Ask a billing or claim question Learn more about your behavioral health benefits Receive support from experts to better understand substance use disorder (SUD) treatment options 	<ul style="list-style-type: none"> Call 1 (800) 848-8327 any time to talk with a care advocate about any behavioral health questions, or if you need help finding a provider who may be available right away Visit Medica.com/FindCare. Select your plan and click on "Start here" within the "Behavioral health" tile Search by provider name, location, specialty, treatment option, ethnicity, gender, and more If you are looking for a provider who offers evening or weekend appointments, select from the filter options under "Availability" Choose a virtual visit if an in-person visit is not accessible or convenient Click to call, email, or visit a provider's website See patient reviews or submit a review of your provider
<p>Live and Work Well website⁵</p> <p><i>24/7 online access to support, self-help resources, information, and behavioral health care</i></p>	<ul style="list-style-type: none"> Answer a few questions online and get behavioral health care suggestions instead of talking to someone on the phone Explore care options to find the right support and benefits for you Get resources to help with behavioral health, stress, depression, family issues, money, parenting, and much more Use the confidential SUD helpline at no extra cost 	<ul style="list-style-type: none"> Get direct access to a substance use recovery advocate 24/7 at 1 (855) 780-5955 (TTY: 711) or live chat Go to LiveAndWorkWell.com Enter access code MEDICA to explore your benefits Create an account to access self-help resources and the claims center Enter your Medica member ID number found on your Medica ID card
<p>Self Care by AbleTo⁶</p> <p><i>On-demand support app to help with stress and emotional well-being</i></p>	<ul style="list-style-type: none"> Get help managing your moods and thoughts, so you can learn ways to feel better Try self-care techniques to help build long-term skills and cope with stressful situations: self-assessments, journaling, guided meditation, deep breathing, mood and habit tracking Schedule an online therapy visit 	<ul style="list-style-type: none"> Visit AbleTo.com/Begin and tap "Get started" Enter "Medica" when asked for your access code Answer a few questions about your goals, set up your account, and receive a notification to download the AbleTo app Download the AbleTo app on your device and select "Log In" to begin your journey



RESOURCE	CONSIDER USING IF YOU WANT TO...	HOW TO USE IT
<p>Family Support Program + Navigator</p> <p><i>Resources and support for caregivers of children (ages 0 - 18) with complex behavioral health needs</i></p>	<ul style="list-style-type: none"> • Get help finding the right care or coordinating care with community agencies • Learn more about a condition, treatment options, or community resources • Get a step-by-step action plan if you're caring for a child who may have autism or depression 	<p>Connect with a Family Support Program Advocate:</p> <ul style="list-style-type: none"> • Call Medica Behavioral Health at 1 (800) 848-8327 to learn more about the program or ask to be connected to a Family Support Program Advocate • You can also call directly at 1 (877) 495-9422 (Note: you may be asked to leave a message and a Family Support Program advocate will follow up with you) <p>Use the Family Support Navigator interactive online tool:</p> <ul style="list-style-type: none"> • Visit LiveAndWorkWell.com, register with the number found on your Medica ID card or use the guest code "Medica," and search for "Family Support Navigator"
<p>My Health Rewards by Medica^{®7}</p> <p><i>An online tool and mobile app that gives you well-being resources and support on your mental health journey</i></p>	<ul style="list-style-type: none"> • Access tools and resources that are right for your health journey • Take a self-guided Journey[®] course or get one-on-one coaching⁷ on topics like: stress, anxiety, depression, grief and loss, substance support, domestic violence, and overall well-being 	<ul style="list-style-type: none"> • Download the Virgin Pulse app from the App Store or Google Play • Sign in or create your My Health Rewards account

Medica behavioral telehealth visits

Experience the convenience of telehealth visits for behavioral health. Connect with providers online, treating conditions like depression and anxiety.¹ Through your computer, tablet, or smartphone, telehealth allows virtual appointments for therapy and prescription services² when needed. Access thousands of providers for quick and convenient behavioral health support from psychiatrists, therapists, and other prescribers in our network.

TELEHEALTH RESOURCE	HOW TO USE IT
Medica Behavioral Health Network³ <i>Many of the behavioral health providers in our large network offer virtual care</i>	<ul style="list-style-type: none">• Visit Medica.com/FindCare• Select your health plan• Click on “Start here” within the “Behavioral health” tile• Search by provider name, condition, expertise, program, specialty, gender, or ethnicity. Check the “Virtual Visits” filter to review options• To schedule a visit online, click on “Log In”• Go to the provider directory, select and apply the “Online Scheduling” filter• Choose a provider and click on the “Schedule Now” button
Amwell, 24/7 Online Clinic⁴ <i>Experienced therapists and prescribers provide care and counseling for a variety of conditions</i>	<ul style="list-style-type: none">• To get started, create an account with Amwell at Amwell.com/cm or download the free app from the App Store or Google Play or...• Call 1 (844) 733-3627 (TTY: 711)• Select a provider and follow the prompts to start or schedule your visit⁴
Talkspace⁴ <i>Helps you work with a licensed therapist anywhere, anytime. Send private messages (text, voice) or schedule live video sessions</i>	<ul style="list-style-type: none">• Go to Talkspace.com/Connect• Select “Medica” in the drop-down menu under “Use my Insurance Benefits”• Enter the information exactly as it appears on your Medica ID card• Answer a few simple questions to get started• Get matched with a provider, typically within 48 hours

¹Virtual behavioral health visits are covered as a behavioral health office visit under your plan.

²As per state telehealth rules and regulations.

³Optum Behavioral Health manages the Medica Behavioral Health program.

⁴Cost per visit varies by type of service. Eligible services are covered under your plan as a behavioral health office visit.

⁵This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor’s or professional’s care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change. Coverage exclusions and limitations may apply.

⁶The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Online therapy sessions are available to members ages 18+.

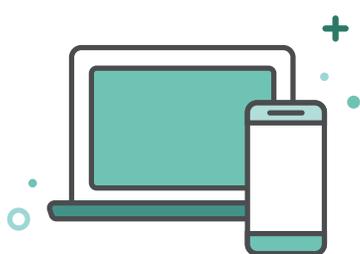
⁷My Health Rewards is not available with all Medica plans. Coaching services are available to My Health Rewards Standard and Results members only. Coaching is not currently available to My Health Rewards Invest members.



Have questions? We’re here to help.

Want to know more about your benefits? Have another question? Call **1 (800) 952-3455** (TTY: **711**). You can reach us Monday-Friday, 7 a.m. - 8 p.m. CT (closed 8 a.m. - 9 a.m. Thursdays), and Saturday 9 a.m. - 3 p.m. CT.

Live and Work Well



Well-being support and resources

If you need extra help and support, Live and Work Well can help. It gives you health resources and personalized services to help you and those you care about live the healthiest life possible.

The Live and Work Well site is available 24/7 for confidential access to professional care, self-help programs, and a variety of helpful information.*

You can:

- Get personalized assistance for the big events in your life
- Browse information and resources and get referrals to help balance work and your personal life
- Find answers to questions about behavioral health and medical concerns to help you deal with stress, depression, anxiety, and other conditions

Easy online provider search

The provider search lets you connect with providers and clinics specializing in behavioral health and substance use. Narrow your search by provider name, location, specialty, treatment option, ethnicity, gender, virtual visit options, or area(s) of expertise. You can click to call or email a provider, or visit a provider website.

Assessments + tools

You can browse the website by topic. You'll find info on child care, depression, financial planning, stress management, substance use and addiction, work-life balance, and more. You'll also find articles, videos, webinars, and other tools to help you explore your selected topic in bite-sized portions. You can also participate in interactive, customizable self-improvement programs.

Personalized claims + coverage

Free up time spent on the phone by visiting the secure claims and coverage section. Track behavioral claim status, update personal information, and much more. To access your behavioral health claims information, create an account on the Live and Work Well site.



Substance Use Disorder (SUD) helpline and online chat

Access the SUD helpline and online chat – a free, confidential resource for you or a loved one. It offers direct, 24/7 access to substance use recovery advocates via phone at **1 (855) 780-5955** or live chat. Get expert support to understand the right SUD treatment options for your situation. Schedule a clinical evaluation with a licensed substance use treatment provider, usually within 24 hours.



Visit

Visit [LiveAndWorkWell.com](https://www.LiveAndWorkWell.com).

- To view educational content and use the provider search, enter access code MEDICA.
- Create an account to access all self-help resources and the claims center. Just click on Register at the top of the page. Then enter your Medica member ID number, and you'll be all set.



Need help? We're here.

Call Customer Service at the number on the back of your Medica ID card.

*Access to certain services is dependent on your health plan coverage. If you are enrolled in a Medica health plan, call Medica Customer Service at the number on the back of your ID card to learn what your plan covers.

The benefits described above are administered for Medica health plans by Optum Inc. subsidiaries, United Behavioral Health and, in California, U.S. Behavioral Health Plan, California. This program should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room. This program is not a substitute for a doctor's or professional's care. Due to the potential for a conflict of interest, legal consultation will not be provided on issues that may involve legal action against Optum or its affiliates, or any entity through which the caller is receiving these services directly or indirectly (e.g., employer or health plan). This program and its components may not be available in all states or for all group sizes and is subject to change.

Self Care by AbleTo



On demand help for stress and emotional well-being

Access self-care techniques, coping tools, meditations, sleep tracking, and more at no additional cost to you — anytime, anywhere with Self Care by AbleTo. Check in and track your progress from your mobile device or computer — then explore personalized content that you can move through at your own pace.

Daily mood tracking

Track your mood, identify patterns, and learn about your progress.

Mental health tools

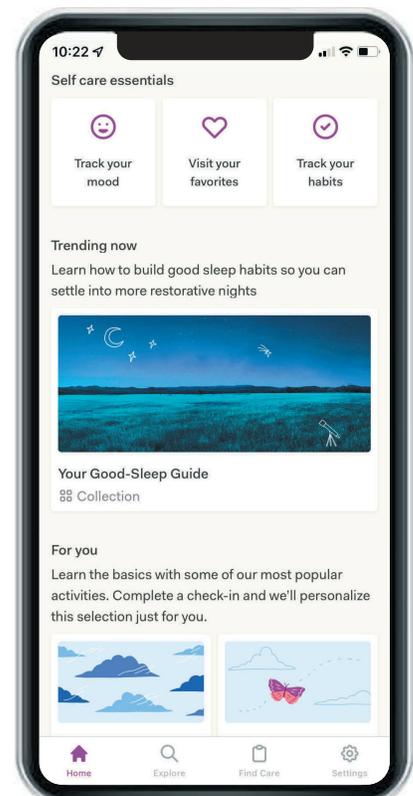
Learn how to build long-term life skills, like journaling, deep breathing, and positive visualization.

Collections

Feel more in control and get support to cope with stress producing situations — like work, parenting, and social injustice.

Habit tracking

Improve your overall well-being by setting goals and tracking your habits that help identify how your behaviors relate to your emotional health.



Get started with Self Care

1. Visit **AbleTo.com/Begin** and tap “Get started.”
2. When asked for your access code, enter **Medica**. You’ll answer a few questions that help us learn more about you and your goals.
3. Set up your account and download the AbleTo app from the App Store or on Google Play.
4. Open the app and select “Log In” to begin your journey.

Get online therapy tailored to your needs

When you need some extra support, you can schedule an online therapy session and talk to a licensed therapist from the comfort of wherever you are. Your therapist will get to know you and work with you on a plan to move forward. It’s simple to get started.

1. Set up your account and download the app by following the steps above to get started with Self Care by AbleTo.
2. Open the AbleTo app and tap “Find Care” in the menu.
3. Tap the “Find Care” tile and then tap “Next.”
4. Complete the requested information. (If you entered your insurance information when you created your AbleTo account, some of the information will already be populated).
5. Answer a few questions about how you’re feeling to find therapists that match your criteria.
6. Select “Schedule Consultation” and follow the prompts to schedule an online visit with a therapist who can help you learn new tools and skills to achieve your goals and help you feel better.

Note: There is a separate cost for online therapy sessions. Sessions are covered under your plan as a behavioral health office visit. Following your visit with a therapist, if you entered your Medica insurance information, AbleTo will send you a bill for any cost share you may have after your plan benefits have been applied.



Have questions? We’re here to help.

Call Member Services at the number on the back of your Medica ID card (TTY: **711**).

Self Care by AbleTo should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained within Self Care is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used on its own as a substitute for care from a provider. Self Care is available to members ages 13+ at no additional cost as part of your benefit plan. Self Care may not be available for all groups in District of Columbia, Maryland, New York, Pennsylvania, Virginia, or West Virginia and is subject to change. Refer to your plan documents for specific benefit coverage and limitations or call Member Services at the number on the back of your Medica ID card. Participation in the program is voluntary and subject to the Self Care terms of use.

Calm Health Member Tip Sheet



On-the-go help to boost mental and emotional health

Your plan comes with extra help for mental and emotional health.

Access Calm Health, a mobile app with highly rated tools for mindfulness, sleep, and more, all at no additional cost to you. It's psychologist-designed programs, self-guided steps, and personalized recommendations to help you build life-changing habits.

What you'll get at no additional cost to you:

Help to stress less, sleep better, and live mindfully

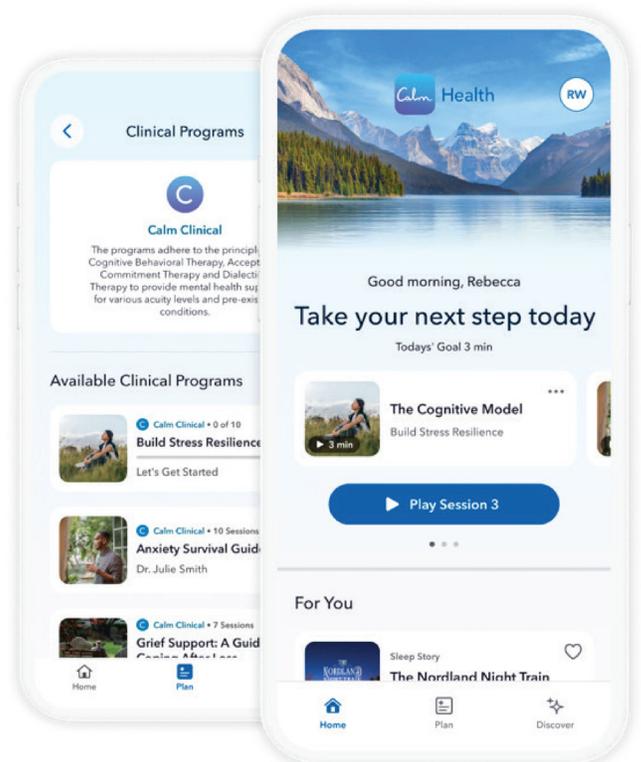
Calm Health's meditations can help you focus and learn to calm your mind. Check out its library of relaxing stories, music, and sounds to help you fall – and stay –asleep.

Programs made by experts, a plan made just for you

You'll get a personalized plan with resources, programs, and tools based on what's important to you. Track your journey as you take steps to sleep better, manage your mood, and more.

Extra care for your overall well-being

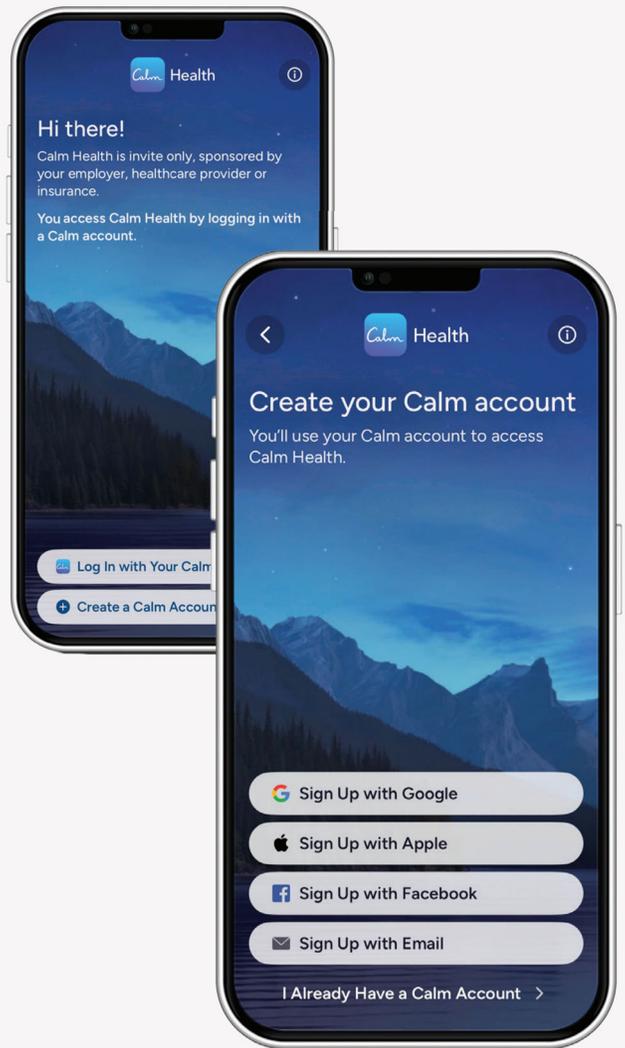
Explore programs that support mental health, chronic illness, and tough life challenges – from anxiety and diabetes to parenting, retirement, or loss of a loved one. It's all in one place.



Start your journey.

How to download and sign up for Calm Health:

1. Scan the QR code or find the Calm Health app in the App Store or Google Play.
2. Select “Create a Calm Account”
3. Sign up with Google, Apple, Facebook, or your email and follow the prompts
4. If asked, enter the access code: **medica**
5. Enter your name and member ID number exactly as they appear on your Medica ID card



Questions? We're here to help.

Call Member Services at the number on the back of your Medica ID card (TTY: **711**).

Calm Health is a mental health wellness product. Calm Health is not intended to diagnose or treat depression, anxiety, or any other disease or condition. Calm Health is not a substitute for care by a physician or other health care provider. Any questions that you may have regarding the diagnosis, care, or treatment of a medical condition should be directed to your physician or health care provider.

**Thank you for being members of the
Minnesota Healthcare Consortium and
the Northeast Service Cooperative**

NESC Contact Information:

Suzi Ruper

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www.nescmn.net

www.mnhc.gov



**Minnesota
Healthcare
Consortium**
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