

# Plan resources for a healthier you



Your plan includes “extras” that can help you stay healthy, get support, and make the most of your plan – at no extra cost to you.

## Stay Healthy



### Fit Choices<sup>SM</sup> by Medica Program

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



### Health Rewards Program

**Get inspired to make positive changes.** Taking steps to improve your health might be easier than you think. Want to lower your stress? Quit smoking? Eat more fruit and veggies? My Health Rewards by Medica<sup>®</sup> 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).



### Healthy Pregnancy & Parenting Program

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



### 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<sup>®</sup> 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

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

# Find Information



## Your Member Website

**Manage your plan online.** Your member website is your one-stop resource for information to help you manage your health plan benefits. Sign in at **Medica.com/SignIn** to

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

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



## Have a question?

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

\* Express Scripts® administers Medica's pharmacy program.