

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).



Life Time® Digital fitness program

Stay fit anywhere, anytime. Kickstart healthy habits with a Life Time Digital membership at no additional cost to you. The Life Time Digital app gives you access to hundreds of on-demand and live streaming fitness classes, meditations, plus nutrition and lifestyle article content to support your well-being goals. Watch for more information once your plan starts.



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 within Ovia Health’s three apps: Ovia (for reproductive health), Ovia Pregnancy, and Ovia Parenting. 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**).

* Express Scripts® administers Medica's pharmacy program.