

SCSC WELLNESS

MNSCSC.ORG/WELLNESS



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scsc
Wellness



Your healthier future starts now.

Earn points and get rewards with My Health Rewards, an online tool that helps you take small steps to reach your health goals.

Take the first step

Follow these easy steps to create an account once your plan year starts:

Employees:

- 1 Download the free Virgin Pulse app 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://medica.com/MHC) to create your account.

Spouses and dependents ages 18+:

- 1 Download the free Virgin Pulse app from the App Store or Google Play.
- 2 Open the app and click on Create Account under the Sign In button.
- 3 Search for Medica on the sponsor organization list. Then choose **Medica My Health Rewards**.
- 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/MyHealthRewards](https://medica.com/MyHealthRewards) to set up your account.

Earn rewards for healthy behaviors

Our points-based program offers rewards for completing healthy activities. Redeem points for e-gift cards or shop for health and fitness products in the Virgin Pulse store. You can even choose to donate your rewards to a charitable cause.

Activities include:

- Assess your health
- Attend the Minnesota Healthcare Consortium Spring Virtual Wellness Conference
- Personalize your health journey
- Connect your fitness tracker
- Choose the tools and programs that work for you

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.

Attend the Minnesota Healthcare Consortium Spring Virtual Wellness Conference

Learn some new tips to motivate you at the Spring Virtual Wellness Conference. After attending the conference, go to the Benefits page in My Health Rewards to enter your voucher code and earn 200 points.

Available to employees only.

Personalize your health journey

Go to the Profile page 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!

Want to improve some of your habits? Choose from more than 125 Healthy Habit activities, track your progress, and earn points toward rewards. Over time, these small steps can add up to big changes.

Connect your fitness tracker

Steps. Calories. Sleep. Connect your fitness tracker and apps to your account. Make steady progress toward health improvements and earn points. For a full list, go to Devices + Apps on the profile page.

Don't have a fitness tracker? Use your points to get the Max Buzz™, a Virgin Pulse fitness tracker. It's in the Virgin Pulse store for 2,000 reward points or \$9 plus tax. Go to Profile then click Shop/Store.

Connect your tracker:

- 1 Go to Devices + Apps on the Profile page.
- 2 Choose the device or app you'd like to connect.
- 3 Follow the on-screen instructions.

Track your calories with MyFitnessPal. On the My Health Rewards site or app, go to Devices + Apps on the Profile page to find MyFitnessPal and click on Connect.

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 to learn more about them.

Eat Fit Go: Get healthy, ready-to-eat meals delivered straight to your home or office. As a My Health Rewards member, you'll get special savings on your meal purchases.

Foodsmart by Zipongo: Healthy eating is simple and affordable with Foodsmart's nutrition and recipe tools.

Journeys®: Build healthy habits with daily, self-guided courses.

Monj: Up your cooking game and learn to make healthier meals.

Ovia Pregnancy: Get support throughout your pregnancy with weekly pregnancy updates, one-on-one coaching, timely articles, and health and wellness tips.

Sanvello: Get on-demand support for stress, anxiety, and depression. Check out the app's coaching tools, timely articles, and health and wellness tips.

Sleep and nutrition guides: Get personalized tips and tools to help improve your eating and sleep habits.

Virtual care education: Find easy ways to get care for common health conditions.



Earn points, get rewards

You'll earn points by making small, everyday changes. Those points can add up to \$160 per year in 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

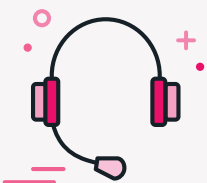
A monthly statement, also under the Rewards page, gives you a summary of the points you've earned. Your points add up throughout the year.

| WAYS TO EARN | POINTS | PULSECASH REWARD AMOUNT | 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. | \$5 per month | E-gift card or other options |
| \$60 per year | | | |

Point-based rewards + 20-day triple tracker rewards =

\$220 in rewards potential per year

E-gift card or other options



Questions?

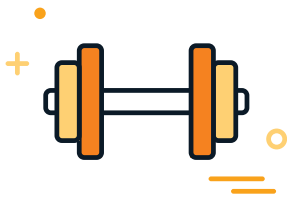
Medica.Support@VirginPulse.com or 1 (833) 450-4074. Or use the Chat button if you're using a web browser.

**You must connect your fitness tracker to your My Health Rewards account. Manual tracking of steps and active minutes will not count toward earning the monthly reward.*

Go to the mobile app or sign in to your account at **Medica.com/MHC** to get started.

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 **Medica.Support@VirginPulse.com** or call Virgin Pulse 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.

Health Club Reimbursement



240 more reasons to get fit.

Fit ChoicesSM by Medica motivates you to move. Hit the gym 8 times or more each month, get a \$20 monthly credit* to help pay the bill. That's up to \$240 a year.

It's easy to get started

- Find a list of participating health clubs at [Medica.com/FitChoices](https://www.Medica.com/FitChoices). Then show your Medica ID card at that health club.
- Don't sweat the recordkeeping. Your health club will track your visits and let Medica know.
- Work out at your gym. Then get a \$20 credit toward your monthly health club bill.



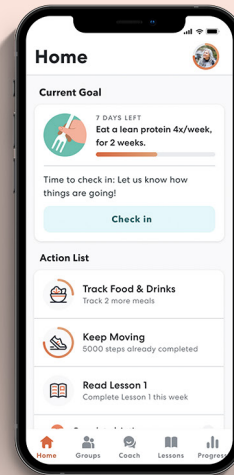
Have questions? We're here.

Go to [Medica.com/FitChoices](https://www.Medica.com/FitChoices) to learn more. To make sure you're eligible or to learn about your monthly visit requirement and credit, call Customer Service at the number on the back of your ID card.

*Monthly health club bills less than \$20? You'll get a credit for the amount of your bill. Up to two members per Medica policy can earn the \$20 credit per month. (With a family health club membership, there is a maximum of two monthly \$20 credits. A member with a single health club membership can earn one \$20 monthly credit.) Members must be at least 18 years old to get the credit.



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.

omadahealth.com/mhc

With Omada, there’s a program for you

-  Weight loss & overall health
-  Diabetes



Shift your mindset, *change your health*



Remove the barriers between you and recovery with Omada for Joint & Muscle Health®. Meet with a dedicated Physical Therapist (PT) in as little as 48 hours from enrollment.*

What you'll get*:

- ✓ A dedicated licensed PT
- ✓ Treatment plan from head to toe
- ✓ Unlimited 1:1 chats and video visits with your PT
- ✓ Free exercise kit with all the tools you need

A treatment plan just for you

Treat the source of your pain, not just the symptoms.

App-guided exercises

3D animations and voice narration help with pacing and form.

Anytime, anywhere access

Message your PT for guidance and support.

Are you eligible?

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.

Get Started:

omadahealth.com/mhc



Sanvello



On-demand help for stress, anxiety and depression

Rethink how you manage your behavioral health. Sanvello gives you access to clinically proven techniques based on cognitive behavioral therapy for dealing with stress, anxiety, depression, or whatever else you may be going through. From coping tools to meditations to Guided Journeys, you'll get help to manage your moods and thoughts so you can understand what works for you to feel better.

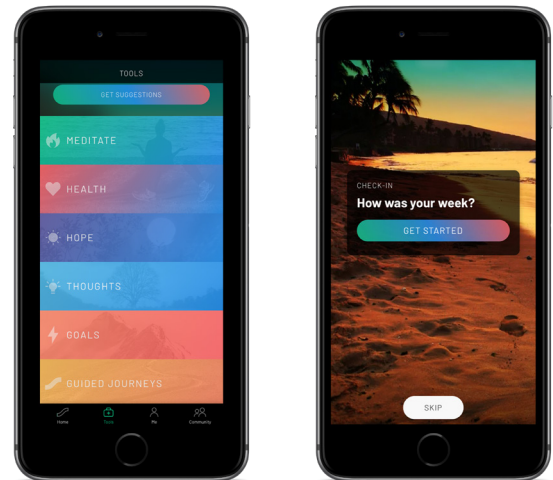
Daily mood tracking: Answer simple questions each day to capture your current mood, find patterns and self-assess your progress.

Coping tools: Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.

Guided Journeys: Designed by experts for a range of needs, journeys use clinical techniques to help you feel more in control and build long-term life skills.

Personalized progress: Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make progress week by week.

Community support: Find encouragement, stories and insights from your Sanvello peer community and share your own— anonymously, anytime.



Getting started with Sanvello

You have access to the premium version of the Sanvello app at no additional cost as part of your plan's behavioral health benefits. Simply follow these easy steps to get started:

1. Download the Sanvello mobile app from the App Store or Google Play.
2. Open Sanvello and tap "Get Started."
3. Complete the steps to create a Sanvello account.
4. After creating an account, select "Upgrade Via Insurance."
5. Search for and select "Medica."
6. Enter the information from your Medica ID card.
7. Use the help prompts for additional assistance if needed.



Get online therapy when you need it

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. Open the Sanvello app and tap the therapy scheduling tile.
2. Tap "Get started," select a state, and tap "Next."**
3. Select "I have insurance."
4. At the "Find Your Health Plan" prompt, enter **Medica** and complete the requested information. (If you entered your insurance information when you created your Sanvello account, some of the information will already be populated).
5. Answer a few short questions to find therapists that match your criteria.
6. Choose a therapist who is a good fit for you and select a date and time that works for your schedule.

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, Sanvello will send you a bill for any cost share you may have after your plan benefits have been applied.

Sanvello also offers Coaching that allows you to message with a supportive behavioral health coach and try live, anonymous classes. There is an additional cost for Coaching that it is not covered under your Medica plan. To learn more or to add the Coaching service, tap on the Coaching tile in the Sanvello app.

*The Sanvello mobile application 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 in the Sanvello mobile application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. The Sanvello mobile application is available at no out-of-pocket cost to you through your health plan membership. Participation in the program is voluntary and subject to the terms of use contained in the application.

**Online therapy is currently available in select states only. To see a list of states where services are available, go to [Sanvello.com](https://www.sanvello.com).

Ovia Health



Digital tools for modern parenthood

Ovia Health apps give you on-demand, personalized support throughout your parenthood journey. They can help you track your period, get pregnant, and understand your pregnancy symptoms. With Ovia Health apps, you'll even learn how to stay healthy after your baby arrives.

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

Explore health and wellness programs to help you learn about infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding, and more.

Unlimited one-on-one coaching

Send instant messages to registered nurse health coaches to ask all your questions.

Benefits library

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

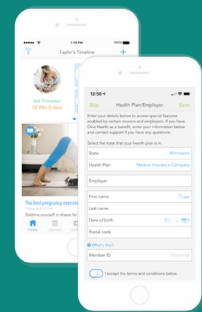
Career and return-to-work programs

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



Questions? We're here.

Call Customer Service 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, symptom tracking, return-to-work tools, and more. Follow these steps to get started:

1. Download Ovia Fertility, Ovia Pregnancy, 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), employer name, and personal details.
4. Get started!

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Welcome to Your Discount Program!

What is the Minnesota Healthcare Consortium Discount Program?

Your Minnesota Healthcare Consortium Discount Program is a one-stop-shop for thousands of exclusive discounts in more than 25 different categories. That means there's something for everyone!

How to Navigate Your Discount Program



Local Offers

Located in the Quick Links section, Local Offers allow you to use your location to see all of the discounts near you, wherever you are! Discounts can be filtered by category and distance.



Interests

Let us know what you're interested in so we can ensure you're seeing the perks you'll most enjoy, front and center on your Discount Program Home Page.



Brands

Looking for something specific? The Brands tab, found in the Quick Links section, is an easy and quick way to search for all the discounts available to you.



Suggest a Business

Don't see what you're looking for? Head to the Suggest a Business page, found in the upper right-hand corner of your Home Page, to suggest your favorite brands and local spots be added to your Discount Program.



Need Some Help? Reach Out To Us!

PerkSpot's customer service team works tirelessly to help you access your Discount Program and redeem deals easily. Below are some important details regarding customer service availability.



Hours

Monday - Friday
9am - 6pm



Phone Number

866-606-6057



Email

cs@perkspot.com



Support*

support.perkspot.com

**If you've still got some questions, visit support.perkspot.com to submit a request. Our bilingual Customer Service team will reach out and can answer any questions in both English and Spanish.*



Ready to save? Head to mhc.perkspot.com to get started!

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.



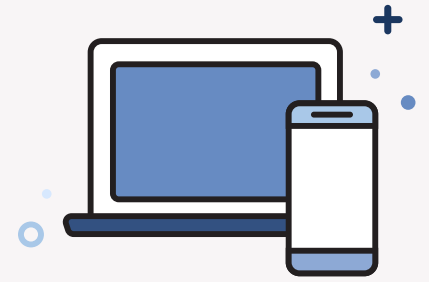
Need help? We're here.

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.

Virtual care with Amwell



Save time, connect with a provider online

Virtual care, also known as online care or an e-visit, is a quick, cost-effective, and easy way to get care for non-urgent, common health conditions like:

- Allergies
- Bladder infection
- Bronchitis
- Cold and cough
- Ear pain
- Flu
- High blood pressure
- Migraines
- Pink eye
- Rashes
- Sinus infection

With Amwell

- Receive care from a board-certified doctor or nurse practitioner
- Access behavioral health care services, including therapy and psychiatry*
- Get help for many common medical conditions

24/7 doctor access

Amwell is a virtual care clinic available to members in all states anytime, day or night. You can talk to a doctor in minutes without an appointment or long wait times. It's a great option when your primary care doctor isn't available; when you're traveling; or if you need fast, real-time, non-emergency care. Medical visits are \$64 or less, depending on your plan.

Benefits

- Save time — avoid a trip to the doctor's office and get care from the comfort of your home, work, or wherever you are.
- Get care for non-urgent medical conditions when you need it — visits are available 24/7.
- Save money — a virtual care visit typically costs less than a regular visit to the doctor's office, depending on your plan.

Behavioral health services

You can also get behavioral health care services through Amwell, including therapy and psychiatry. With virtual behavioral health care, you get the same care and attention you'd expect from an in-office visit, plus you can schedule at times that are convenient for you. Eligible services are covered under your plan as a behavioral health office visit.*

Other services

Amwell also offers other online services, but is not an in-network provider for those services. You can use those services, but you will pay the full cost.

Getting started with Amwell is easy

Enroll

Take a few minutes to create an account with Amwell:

- **Smartphone/tablet:** Download the free Amwell app from the App Store or on Google Play.
- **Computer:** Go to **Amwell.com/cm**.
- **Phone:** Call **1 (844) 733-3627**.

Choose

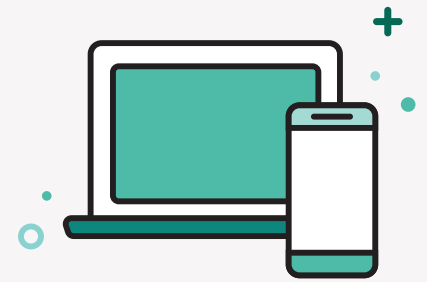
Select a doctor or nurse practitioner and follow the prompts to start your visit.

Visit

The provider will review your history, answer questions, diagnose, treat you, and prescribe medication (if needed). 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.

*To check your plan's coverage for behavior health, sign in to your secure member website at **Medica.com/SignIn** or call the number on the back of your Medica ID card.

Virtual Care



Save time, connect with a 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

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

SAVE TIME

- Connect with a provider online
- Get help for many common conditions



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/FindaDoctor](https://www.Medica.com/FindaDoctor). Your virtual care options may include:

| YOUR CLINIC | HOW IT WORKS |
|--|---|
| <p>Many clinics offer virtual care, online care, or e-visits. Visit Medica.com/FindaDoctor 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 online clinic available in every state.</p> <p>Services:</p> <ul style="list-style-type: none">• Treatment of common medical conditions. Each visit is \$64 or less, 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 for them. You can use those services, but you'll pay the full cost. | <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: Call (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 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:</p> <ul style="list-style-type: none">• Treatment of common medical conditions. Check the virtuwell website for current pricing. Visits are typically \$59 or less, 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 behavior health, sign in to your secure member website 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.

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.

Notes

A sheet of white lined paper with horizontal blue lines, positioned in the center of the page. The paper is slightly offset to the left and top, giving it a layered appearance. The background is a watercolor-style illustration of a landscape with green and blue mountains, a blue sky, and a foreground with green trees and a yellowish ground.



2023 *Calendar*

JANUARY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

FEBRUARY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | | | |

MARCH

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |

APRIL

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | | | | | | |

MAY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 | 29 | 30 | 31 | | | |

JUNE

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

JULY

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | | 1 |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 30 | 31 | | | | | |

AUGUST

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | 1 | 2 | 3 | 4 | 5 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | | |

SEPTEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

OCTOBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

NOVEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

DECEMBER

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |