



Discover how healthy you can be

Whether you are coping with back pain, dealing with a complicated pregnancy or just looking for ways to eat right, there's a Medica program for you — and it won't cost you a thing.

Health & Wellness Resources

FIND INFORMATION IN JUST A FEW CLICKS

Tools to improve your health. The Health & Wellness tab on your member website, mymedica.com, is your first stop for learning how to improve your health. Here you'll find hundreds of personalized resources to meet your health needs. As an added bonus, you can earn valuable gift cards when you take steps to improve your health.

Find a Doctor. There is so much to consider when selecting a health care provider, but we have just the tool to make your decision easy. When you access Find a Doctor via mymedica.com, you can locate a network doctor, specialist, clinic, hospital or other care provider in seconds.

STAY HEALTHY

Get fit, stay fit. If you're looking for some motivation to get to the gym, we can help. When you take advantage of Fit ChoicesSM by Medica, our health club reimbursement program, you can earn a \$20 credit toward your monthly health club dues by meeting attendance requirements at a participating health club. For more details on Fit Choices, access the Health & Wellness tab on mymedica.com.

SHOP FOR CARE

Online cost and quality information. Did you know that the cost of an X-ray can vary widely depending on where you have it done? Our online shopping resource, MainStreetMedica.com, makes it easy for you to compare costs for many common procedures and conditions.

Seeing stars? You can take health care shopping to the next level with our new Premium Designation tool. It evaluates physicians in several categories of primary and specialty care. To find out how your doctors are rated for care, simply look for the stars after their names when you use Find a Doctor. Visit medica.com/premiumdesignation.

More resources on reverse side.

GET SUPPORT

Medical information anytime. Sometimes a quick chat with a nurse is all you need. Our nurse line provides you with just that—24/7 telephone access to registered nurses who can answer your health questions, provide tips on self-care and help you choose appropriate care. Call **1-800-962-9497**.

Help for life's challenges. When little problems become big ones, we can all use a helping hand. The 24/7 employee assistance program (EAP) can help, offering access to specialists who can help you and your family with personal, legal and financial issues. Call **1-800-626-7944**.

Your very own coach. Personal health and wellness coaches are available to provide you with the support and information you need to set and achieve your personal health goals. Call **1-866-905-7430**.

Off to a good start for the baby. Research shows that early prenatal care gives a baby the best chance for a healthy start. We can help you plan for a healthy pregnancy and adjust during your baby's first six weeks of life. Call **1-888-992-3875**.

Kicking a habit. Did you know that if you quit smoking today, you may notice health benefits almost immediately? We have resources to help you quit, including trained coaches, online tools and, if medically necessary, an 8-week supply of nicotine replacement therapy. Call **1-800-934-4824**.

Sorting it out. If you'd like to better understand your medical condition or which treatment path to take, our nurses can help. We offer treatment decision support to help you sort through the next best steps. Call **1-888-992-3875**.

When things get complicated. When your health needs are more complex, our skilled medical professionals can guide you through hospitalization, discharge planning and post-discharge care. Call **1-888-992-3875** to speak with a nurse case manager.

For more information on these confidential resources, log onto **mymedica.com**.

No web access? For information on any of these programs, you may always call Medica Customer Service at the number on the back of your Medica ID card.