



We're pleased that you selected Medica Essential this year. Medica Essential is a good value, and we are able to keep it a good value by asking you to make some decisions up front, such as selecting a care system. The information below will help you better understand your health plan so you have the best possible experience.

Welcome to Medica EssentialSM

GETTING STARTED

First select a Medica Essential care system

To get started you need to choose a Medica Essential care system. A care system is simply a group of primary care clinics, specialists and hospitals that have agreed to work together to provide you care.

Each family member may select a different Medica Essential care system and may change care systems each month, if desired.

To find a care system, use the online search tool at mymedica.com > *Find Physician or Facility* > *Member Through Work* or call Customer Service at the number listed on the back of your Medica ID card.

Next choose a primary care clinic

Your next step is to choose a primary care clinic that participates in the care system you have selected.

When you need care, you will always start at your primary care clinic. Your primary care provider will get to know your overall care needs and is in the best position to direct you to a specialist, if needed.

Like the care system, each family member may choose a different primary care clinic within their selected care system and may change clinics every month, if desired.

MEDICA ESSENTIAL CHECKLIST

- First select a Medica Essential care system.
- Next choose a primary care clinic.
- Check with your primary care clinic if you need a referral to a specialist.

Check with your primary care clinic if you need a referral to see a specialist

To see a specialist within your care system—

With Medica Essential, you may see a specialist within the care system without a referral from your primary care clinic.

To see a specialist outside your care system—

All Medica Essential care systems require that you get a referral from your primary care clinic to see a network specialist who is not part of the care system you selected.

Generally, you will be able to receive care from a health care provider within your care system. However, if the right care is not available within your care system, your primary care provider will refer you to a network specialist outside the care system.

QUESTIONS? We're here to help. Call Customer Service at the number on the back of your Medica ID card.