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# Employer Update

from MEDICA.

Total Health Management

Employer Resources

Member Resources



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## Event reminder:

[Medica Service Center Open House August 21](#)

**Questions? Please contact your broker or Medica representative.**

## Event Reminder

**Medica Service Center Open House**  
Tuesday, August 21  
8:30-9:30 or 9:45-10:45

[See event details and register](#)

## Member newsletter can jumpstart wellness efforts

Newsletters are a great way to increase awareness about health and wellness topics. That's why we offer *Wellness News*, colorful, easy-to-read newsletters for your employees that you can use at your worksite.

Each month, *Employer Update* will provide a direct link to the current issue of *Wellness News*. Simply download the PDF, make copies and distribute *Wellness News* to your employees. You can also publish *Wellness News* articles in your own company newsletter – choose whatever works best for you.

[Download the current issue of \*Wellness News\*.](#)

The *Wellness News* newsletter, along with a wealth of

other worksite wellness tools and resources, can also be found online 24/7 at our [Wellness Resource Center](#).

Here's how to find these great resources online:

1. Go to the Employers section of [www.medica.com](http://www.medica.com).
2. Select "Total Health Management."
3. Click on "Medica Wellness Resource Center."
4. Enter password: wellness.

With a new issue of Wellness News available each month, it's easy to make this the most consistent thing you do to promote wellness at your worksite!

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### **Time to schedule your worksite flu clinic**

Each year, 5-20% of the population gets the flu, resulting in lost productivity and extra health costs. What's the best way to prevent the flu? Get vaccinated!

Medica makes it easy to set up a flu clinic at your worksite. Simply call one of our designated providers to set a date for your clinic, then designate a coordinator to handle your worksite's scheduling, promotion, and registration.

[Click here](#) for complete program details, including contact information for flu clinic providers.

Our free Flu Prevention Kit makes it easy to promote the clinic and educate employees about the importance of practicing healthy habits (see ordering information below). The kit contains:

- An eight-week promotional plan for implementing your worksite flu vaccine program
- A Flu Vaccine Overview from the Centers for Disease Control (CDC)
- A newsletter article
- E-mail message/Payroll insert
- Web sites for more detailed information

Worksite clinics will begin Nov. 1, and are designed for members who are considered low-risk as defined by the Centers for Disease Control. Higher-risk members are

encouraged to see their own providers for vaccination in October.

Fully insured and self-insured (nominal fee applies) employer groups are eligible to participate in the program, which requires a minimum of 30 participants. Members must present their Medica ID card and non-members may receive an on-site flu vaccine for an affordable fee.

Request a free Flu Prevention Kit by calling the Medica Service Center at 952-992-2200 or 1-800-936-6880. You can also download it from the Medica Wellness Resource Center on Medica.com, under "Employer Toolkits."

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### **Governor appoints Medica chief medical officer to health task force**

Minnesota governor Tim Pawlenty appointed Dr. Charlie Fazio, Medica's chief medical officer to the newly created Health Care Transformation Task Force. Dr. Fazio is the sole health plan representative chosen for the task force, which consists of 12 other members.

"Getting health care costs under control is some of the most important work we have to do as a community. I'm honored to have the opportunity to explore ways to do this with the group of talented individuals the governor has assembled," Dr. Fazio said.

Governor Pawlenty created the task force as part of the 2007 Omnibus Health and Human Services Appropriations Bill, which he signed last May. The action plan created by the task force will include strategies to reduce health care costs 20 percent by 2011.

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### **Medica customer masters the Shape Up Challenge**

Creative use of employee incentives and Medica worksite wellness resources proved to be a winning combination for Quadion/Minnesota Rubber in this year's Medica-sponsored Shape Up Challenge. The company took home trophies for first and second place, and is already gearing

up for next year's event.

At Quadion/Minnesota Rubber, everyone was a winner. Incentives were given to not just the winning members but those who were most improved, those who were consistent in the points they achieved and even those who "ran out of gas" in the effort. This excerpt from their company newsletter highlights the company's successful strategy for promoting both employee wellness and participation in the Shape Up Challenge:

- **1st Place** goes to the **Tomcats** with a tremendous effort of 339 points per person per week average! Each team member is the winner of a \$25 gas card from Holiday.
- **2nd Place** goes to **Team Flair**, also with a great effort of 335 points per person per week average. Each team member is the winner of a long sleeved "Shape Up Challenge" T- Shirt.
- **Most Improved** goes to **The Tall & Short of It** with a **15% improvement** over the 2nd half of the competition! Each member is the winner of a short sleeved "Shape Up Challenge" T-Shirt.
- **"Run for the Roses"** goes to **Three Roses and a Thorn** edging out **Buns and Roses** by 40 points over the six weeks. Each member will receive some personally delivered roses.
- **"Out of Gas" Award** goes to **The Blue Denims**, who achieved a 9% improvement in the 2nd half of the challenge but just could not break the 300 point level. Each member will receive a \$15 gas card from Holiday.

To keep their wellness initiative going throughout the year, the company takes advantage of several Medica resources, including the Wellness Resource Center and My Health Manager from Medica. Upcoming activities at Quadion/Minnesota Rubber include a fall health fair, a seminar on diversity in the workplace and using Medica display boards to provide ongoing education about health and wellness topics.

Nice job Quadion/Minnesota Rubber!

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## Employer resources on Medica Web site

We encourage you to visit [Medica.com](http://www.medica.com) anytime – day or night – for a wealth of information about our products, value-added health and wellness programs, online versions of our publications and the most recent Medica news.

Simply go to [www.medica.com](http://www.medica.com) and click on the [Employer tab](#). We've reduced the number of drop down menus and reorganized information to make it easier to find what you need. For example:

- **Group Administration** includes links to Employer eServices, Medica Direct, Self-Insured Reporting and the *Group Administrator Guide*.
- **Total Health Management** houses all health-related information and includes links to the Wellness Resource Center and Online Health Resources, including the My Health Manager from Medica Demo.

You can also find information about group coverages, search the provider directory, obtain forms and much more. Check out this great resource today!

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## It pays to help employees manage their health

A healthy workforce is your best defense against rising health care costs. These industry-leading health and wellness programs are a great way to motivate your employees to make healthy lifestyle choices:

[My Health Manager from Medica<sup>SM</sup>](#) — A state-of-the-art online health management center that is personalized and tailored to each member's unique health situation and interests. It provides information, interactive tools, encouragement and incentives that help members decide where to start, stay on track and achieve meaningful improvements in their health and well-being. *(Included for fully insured groups; optional for self-insured groups.)*

**Wellness Resource Center** ([see above](#)) — Provides 24/7

online access to everything you need to create or supplement your worksite health promotion program. With the click of a mouse, you'll find turn-key tools and resources that make it easy to plan a simple activity or an entire campaign – you choose what's right for your organization.

[\*\*Fit Choices by Medica<sup>SM</sup>\*\*](#) – A dramatic departure from traditional fitness programs. It supports improved employee productivity and a more positive outlook on life. Members receive a \$20 credit toward their health club membership dues when they visit a network health club 8 days per calendar month. (Fit Choices is available in MN, eastern ND and western WI; the program is included with fully insured plans and optional for self-insured groups.)

[Complete list of participating Fit Choices health clubs](#)

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### **Preventive Health Reminders arrive this month**

More than 226,000 Medica members are getting their personalized health reminder in the mail this month. The reminder includes a handy checklist for important tests, immunizations and screenings, along with appointment reminder stickers,

This would be a great time to reinforce the preventive care message with your employees. Encourage them to read their reminders and to schedule the recommended appointments. Immunizations are especially important if they have kids going back to school this fall.

[See a sample health reminder here.](#)

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We appreciate your feedback on this e-newsletter! Please send comments or suggestions to [employer.com@medica.com](mailto:employer.com@medica.com).

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