

July 2009

[Contact Us](#)

Employer Update

from MEDICA.

[Total Health Management](#)[Employer Resources](#)[Member Resources](#)

Questions? Please contact your broker or Medica representative.

Rate Your Plate Challenge training - August 6

There's still time to sign up for the Rate Your Plate Challenge which runs from September 1-30, 2009. This challenge has participants pick one meal a day to rate their healthy food choices based on what's on their plate. If their meal contains one serving of a fruit or vegetable, one whole grain, and a lean protein, they will earn 1 point. Participants can earn 10 wellness credits on My Health Manager from MedicaSM for completing the challenge, redeemable towards gift card rewards.

A WebEx training will be held on August 6, 2009, from 10:00-11:00 AM to provide more information about implementing the Rate Your Plate Challenge at your worksite.

In this issue:

- [Enhanced health and wellness tools to engage employees](#)
- [The latest news on providing required SSNs](#)
- [New law regarding dependent student eligibility](#)
- [Health club reimbursement program adds locations](#)

Events:

- [Rate Your Plate Challenge training - August 6](#)

Enhanced health and wellness tools to engage employees!

Introducing simple ways for you to get health and wellness materials to your employees. Here are highlights of the enhancements to our health and wellness tools:

- A year-long calendar that includes promotional materials for many of our health and wellness programs and services.
- All of these materials will be delivered via e-mail directly to you!
 - Fully insured groups - Starting in August you will receive an e-mail each month including the materials for a different program so they'll be right at your fingertips.
 - Self-insured groups - Your Medica team will work with you to select materials that are applicable to your group.
- Once you receive your e-mail, you can download and print out materials or e-mail them to your employees, whichever works best for you. The e-mail will contain links to ready-made materials for your employees, including: a Wellness News article, flyers/posters, and email/payroll stuffers on topics such as; tobacco cessation, employee assistance program, health assessment, healthy pregnancy program, healthy living programs, and more.

[View our expanded library of health and wellness materials.](#)

[Return to top](#)

The latest news on providing required SSNs

Please note the following Medica administrative changes as a result of the new federal directive that requires all group health plans to provide select Social Security Numbers (SSNs) to the Centers for Medicare and Medicaid Services:

- Starting this month, Medica will begin sending a monthly letter to employers directing them to provide SSNs to

[Learn more or register.](#)

[Return to top](#)

Medica for those dependents who are turning age 45. The letter will include instructions for securely submitting the required SSNs to Medica.

- For employees who are not U.S. citizens and do not have a SSN, please use the first five digits of the employee's U.S. visa number followed by four zeros. For the employee's spouse and dependents continue to use the first five digits of the employee's visa number; but replace the first two digits as follows: 01=spouse, 02 =dependent child, 03=dependent child, etc. See below for an example of an employee with a visa number that starts with 12345:

123450000 =employee
013450000 =spouse
023450000 =dependent
033450000 =dependent

For further information, please contact your broker or Medica representative.

[Return to top](#)

New law regarding dependent student eligibility

A new federal law, "Michelle's Law," ensures that dependent college students who take a medically necessary leave of absence can continue to receive health care insurance through their family's health insurance policy even if they are unable to maintain their full-time student status. The coverage under Michelle's Law must be extended for at least one year; however, coverage may end earlier for certain reasons such as the student aging out of the plan (e.g. exceeding the plan's normal dependent eligibility age).

Michelle's Law is effective upon renewal of your plan starting on or after October 9, 2009. This change does not impact most fully insured groups as all of Medica's fully insured plans already include dependent coverage to age 25 regardless of student status. However, there will be some impact to North Dakota and South Dakota plans as their specific state laws allow dependent coverage beyond age 25 for full-time students. Additional information will follow as Medica develops processes to implement the requirements. Self-insured groups that monitor their own student status will need to ensure they are complying with this new law when providing enrollment information to Medica.

For further information, please contact your broker or Medica representative.

[Return to top](#)

Health club reimbursement program adds locations

Fit ChoicesSM by Medica, our nationwide health club reimbursement program has added two new health club locations as of July 1:

- Fifth Street Fitness Center - Minneapolis, MN
- The Pump House Fitness Center - Grand Marais, MN

By enrolling in a participating facility and working out at least 8 days per month, eligible Medica members receive a \$20 credit towards their monthly dues, up to \$240 per year.

[View participating fitness facilities.](#)

Fit Choices by Medica is included with fully insured plans; available for purchase by self-insured groups.

[Return to top](#)

Employer Update from Medica

This email was sent to:

This email was sent by: Medica
401 Carlson Parkway Minnetonka, MN 55305 USA



We respect your right to privacy - [view our policy](#)

[Manage Subscriptions](#) | [Update Profile](#) | [One-Click Unsubscribe](#)