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August 2007

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Employer Update

from MEDICA.

Total Health Management

Employer Resources

Member Resources



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Questions? Contact your broker or Medica representative.

Events

**Reminder:
Medica Service
Center Open House**

Tuesday, August 21
8:30-9:30 or 9:45-10:45
[See invitation for event details](#)

Your Complete Toolkit for Worksite Wellness (No assembly required!)

When:

Thursday, November 1
8 a.m. Registration and
continental breakfast
8:30 a.m.– 11 a.m.
Program

Where:

Marriott Hotel West
9960 Wayzata Boulevard
Minneapolis, MN 55426

Medica's worksite wellness tools do the heavy lifting for you – and can save you time and money. Learn how as Dr. Charles Fazio, Medica's Chief Medical Officer, leads an interactive discussion about worksite wellness and shows how to put Medica's turn-key tools to work for you. You'll leave the event with a simple worksite wellness kit you can really use, along with the know-how to put your ideas into action!

[Register today!](#)

Member wellness newsletter for August

This month's issue of Wellness News features *Strategies for a Healthy Diet*. To share this easy-to-read employee newsletter at your worksite, simply download it, make copies and distribute. 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*.](#)

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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Introducing Medica FocusSM — our open access value plan

Medica Focus is an innovative solution for reducing your health care spending while offering your employees comprehensive coverage. It's priced up to 20% less than Medica Choice, and is available to employees located in the eight-county metro area.

With Medica Focus your employees get—

- The care they need at a price they can afford
- 100% coverage of in-network preventive visits
- Comprehensive benefits for other types of care
- Prescription drug coverage
- Access to the many effective health management programs and tools Medica offers.

Your employees may choose from nearly 2,000 primary care providers and more than 10,000 specialists within the eight-county Twin Cities metro area and have access to 13 hospitals. If a broader network is required, Medica Focus is paired with our regional or national open access plans as a dual offering. It is also available with consumer-directed plan options if you want to encourage more personal responsibility for health care spending.

Medica Focus is available to fully and self insured groups of five or more enrollees. For more information, contact your Broker or Medica representative, or go to www.medica.com > Employers > Medica Products.

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Time to schedule your worksite flu clinic

Helping to prevent your employees from getting the flu is more than a nice thing to do. It can help you avoid lost productivity and extra health costs. That's why 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, and then designate a coordinator to handle your worksite's scheduling, promotion, and registration. 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).

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. Smaller groups may collaborate with each other in order to reach the 30-participant minimum (dependents and spouses count toward the minimum number). Members must present their Medica ID card and non-members may receive an on-site flu shot for an affordable fee.

[Click here](#) for complete program details, including contact information for flu clinic providers. To request a free Flu Prevention Kit, call the Medica Service Center at 952-992-2200 or 1-800-936-6880. You can also download it from the Medica Wellness Resources Center on Medica.com, under "Employer Toolkits."

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Specialty pharmacy distribution center changing

Walgreens, one of Medica's prescription drug mail order vendors, is restructuring its mail order dispensing facilities. This change is expected to increase efficiency and allow Walgreens to continue to provide superior customer service. The facility changes will have little impact on Medica members currently using the service.

Effective Aug. 24, Walgreen's Portland facility will be a "specialty only" pharmacy and all non-specialty medications will be transitioned to their Tempe, Ariz., mail service facility. Members will receive an explanation about the change with their shipments for several months after the transition.

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Employer forms on www.medica.com

For your convenience, you can now view and print several administrative forms online at www.medica.com. Forms are organized by state and group size, and include: Enrollment, Change/Term, Continuation Enrollment (COBRA), Statement of Claims and Prescription Claim.

To access the forms, go to www.medica.com > Employers > Group Administration > Employer Forms. You will need Adobe Acrobat Reader to view and print the documents. If you don't have Acrobat Reader, you can download it for free by following the simple directions on the Adobe web site.

[Download employer forms here.](#)

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Send enrollment forms to Salt Lake City

If you are faxing or mailing enrollment forms to Medica, please note that they should go to our Salt Lake City enrollment office (not Duluth). The fax number and mailing address differ depending on which Passport product you

have; check with your broker or Medica representative if you need clarification.

Passport V1 and all COSMOS enrollment forms go to:

PO Box 30986
Salt Lake City, UT 84130-0986
FAX: 248-733-6064

Passport V2 enrollment forms go to:

PO Box 30761
Salt Lake City, UT 84130-0761
FAX: 248-733-6071

Passport V3 enrollment forms go to:

PO Box 30772
Salt Lake City, UT 84130-0979
FAX: 248-733-6075

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Wellness Resource Center

**New wellness data management tools:
Employee Interest Survey**

Do you know your employees' preferences when it comes to wellness activities? A new Employee Interest Survey available on Medica's Wellness Resource Center helps identify which health topics interest your employees, the types of programs they prefer and how they like to receive health information.

Knowing employee preferences allows you to more effectively plan and implement your wellness strategy. After the survey is complete, you receive an aggregate report summarizing your employees' responses; individual employee information remains confidential. The survey is available both online and in a paper version – choose what works best for your worksite.

[Sample of Employee Interest Survey](#)

To do an online survey:

- After receiving your request form, Medica sends you a specific link to the survey; then you send the link to your employees. Participation is greatest when you designate a timeframe and deadline for employees to complete the survey.
- If some employees don't use computers, set up a kiosk computer for employees to take a few minutes to complete the survey.
- You'll receive your group summary report within two weeks of online survey completion.

To do a paper survey:

- Request a PDF version electronically that you can copy and distribute, or request copies from Medica.
- Collect the surveys and return them to Medica for processing. After we receive the surveys, allow four weeks to receive your group summary report.

If you are interested in using the Employee Interest Survey at your worksite, start the ball rolling by completing this [request form](#).

For more information about the survey, visit the Wellness Resource Center at www.medica.com>Employers>Total Health Management>Wellness Resource Center>password: wellness. Survey information is located in the *Materials & Resources* section; click on the *Data Tools* link.

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Medica Direct® HSA Change

In our ongoing effort to improve our Consumer Directed Health Plans, Medica will be eliminating the paper form for designating Medica Direct HSA investments with Wells Fargo. This change will be effective October 1, 2007. We will continue to accept investment elections online at www.wfhbs.com or by phone by calling 1-866-890-8309.

This change will allow benefit designations to be invested

immediately and will be followed by a hard copy sent to confirm the investment transaction. Paper forms received after October 1st will be returned to the account holder with instructions on how to make their elections either on-line or by phone.

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Fit ChoicesSM by Medica adds new locations

Get your employees moving in a healthy direction by promoting the Fit Choices program at your work site. 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.)

Three new participating health clubs have been added to the program, effective Aug. 1. You can view the list of health clubs in our network on www.medica.com or just click the link below.

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

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We appreciate your feedback on this e-newsletter! Please send comments or suggestions to employer.comm@medica.com.

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