



Preventive Care

Protecting your employees' health through regular preventive care

Suggested participation goal: All employees can benefit!

Preventive care and early detection can improve one's quality of life and save thousands of dollars per year in treatment costs and lost productivity. For example, timely vaccinations can help prevent illness such as the flu. Preventive checkups and health screenings can also detect problems such as high cholesterol or even cancer at an early stage, when complications can be managed or avoided.

Resources to help employees stay well

Members have access to a wealth of preventive care resources online, in print and by phone. In addition, members who need routine health checkups receive annual preventive care reminders from Medica. These personalized reminders feature a one-page "Checkup Checklist," a helpful, timesaving tool that provides a multiyear overview of members' preventive care needs. A Medica program evaluation indicates that, overall, members like receiving the reminders and think they are useful.

An ounce of preventive care is worth a pound of cure

Promote preventive care in 3 easy ways:

1. Wellness News - a newsletter that you can distribute in an email or post in your high traffic areas.
2. Brief Message - a message that you can include in an all-employee email or publish in your own company newsletter. This messaging also works as a payroll stuffer.
3. Flyer - 8.5x11 information flyer that you can display throughout your work area or email to your employees. A large size PDF poster is also available upon request. Please contact your Account Manager to request a CD.



HELPFUL TIP:

Encourage your employees to download an immunization schedule for themselves and their family members. Direct them to Medica.com/preventivecare. Employees can also request immunization schedules by calling the Customer Service at the number shown on the back of their ID card.

For more information, please contact your Medica representative or visit Medica.com>Employers>Total Health Management.