

# HEALTH PLAN RESOURCES FOR A HEALTHIER YOU



Your plan includes some nice “extras” that can help you stay healthy, get support and make the most of your plan, at no extra cost to you.

## FIND INFORMATION



### MyMedica.com

**Manage your plan online.** MyMedica.com is your one-stop resource for all kinds of information to help you manage your health plan benefits. Order ID cards, find out what’s covered by your plan, view your Explanation of Benefits (EOB), track your claims, find a provider and more. Visit [Medica.com/UofM](https://www.Medica.com/UofM) and link to your member website at [MyMedica.com](https://www.MyMedica.com).

## STAY HEALTHY



### Fit Choices<sup>SM</sup> by Medica

**Get fit with the health club reimbursement program.** If you’re looking for some motivation to get to the gym, we can help. Take advantage of Fit Choices<sup>SM</sup> by Medica. You can earn up to two \$20 credits toward your monthly health club dues when two adult UPlan members each visit a participating club or University of Minnesota recreation center eight times per month. To learn more or to find a health club near you, go to [Medica.com/UofM](https://www.Medica.com/UofM) and select **Additional Benefits & Resources**.



### Healthy Savings Program

**Eating healthier just got easier.** Save money on a variety of foods with the Healthy Savings program. If you live near a participating store, you’ll be enrolled automatically in the program. Just watch your mailbox for more information and your Healthy Savings card. Participating stores include: Cash Wise®, Coborn’s®, Cub Foods®, Festival Foods® of Minnesota, Hornbacher’s®, Kowalski’s Markets, Lunds & Byerlys®, Mackenthun’s of Waconia and Wal-Mart. Learn more at [Medica.com/HealthySavingsProgram](https://www.Medica.com/HealthySavingsProgram) or download the Healthy Savings app in the App Store or Google Play.



### Virtual Care

**Save time and connect with a provider online.** Virtual care visits, also known as online care or e-visits, are a quick and easy way to care for common conditions, including allergies, bladder infections, sinus infections and pink eye. Connect with a provider from your computer or mobile device to get a diagnosis, treatment plan and prescription (if needed). You can access virtual care through providers in your plan’s network. Check your virtual care options at [Medica.com/UofM](https://www.Medica.com/UofM), select **Find a Physician or Facility** and click on your plan name.



## Wellbeing Program

**Resources to assist you in managing your wellbeing.** The University of Minnesota wants to support your wellbeing journey by providing resources to assist you in being the best version of you! The Wellbeing Program will now be hosted through Virgin Pulse, an exciting new wellness platform that offers highly personalized activities, tips and tools that make it easy and fun to engage every day. Whether it is tracking your daily healthy habits and movement, discovering a new recipe, trying out a free Whil Mindfulness session or taking advantage of Ovia's Fertility, Pregnancy and Parenting app, the program has something for you! Not registered? Enrollment is easy at [Join.VirginPulse.com/UMN](https://Join.VirginPulse.com/UMN). Already enrolled? Go to [Member.VirginPulse.com](https://Member.VirginPulse.com).

## GET SUPPORT



### Medica CallLink®

**Medical information anytime.** CallLink provides 24/7 telephone access to advisors and registered nurses who can answer your health questions, provide tips on self-care and help you choose appropriate care. The CallLink phone number is listed on the back of your Medica ID card.



### Pregnancy Program

**Get support when you're expecting.** When you need support during your pregnancy or after delivery, we're here for you. Partner with a registered nurse by telephone to receive additional tools and resources to manage your pregnancy every step of the way. Together, you can talk about any challenges you might face. Call **1 (888) 573-3133** to schedule a coaching appointment.



### Ovia Health

**Support for women and families during the parenthood journey.** The Ovia Health app is available to all UPlan members and gives you on-demand support and clinically backed guidance to help you achieve your health goals, whether that's tracking your period, getting pregnant, or navigating pregnancy, postpartum and parental wellbeing. Download Ovia Fertility, Ovia Pregnancy or Ovia Parenting for free from the App Store or Google Play. Enter your employer and health plan information to access all the unique tools and features. In addition, if you are participating in the Wellbeing Program, you may earn points for taking the assessment in each of the apps and for interacting with the apps on a monthly basis.

## GET CARE WHEN YOU'RE AWAY FROM HOME



### Nationwide Care and the Travel Program

**Get in-network benefits when you're far from home.** When you travel outside the Medica service area (Minnesota, North Dakota, South Dakota and western Wisconsin) and get sick or hurt, you can get network coverage by visiting a provider in the Travel Program network. Receiving care from a Travel Program provider is just like getting care within the Medica service area. When you visit a provider, simply show your member ID card. If you have a deductible, copayment or coinsurance, it will apply. To learn more about the Travel Program, visit [Medica.com/UofM](https://Medica.com/UofM) and select **Additional Benefits & Resources**.

# MEDICA®



For information on any of these programs, visit [Medica.com/UofM](https://Medica.com/UofM) or call Medica Customer Service at **1 (952) 992-1814** and **1 (877) 252-5558**.

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