

# Park Nicollet and HealthPartners Medical Group First with Medica<sup>SM</sup>



## A HEALTH PLAN DESIGNED FOR YOU & YOUR FAMILY.

Park Nicollet and HealthPartners Medical Group First with Medica connects you with the providers you know and trust from your neighborhood clinics, specialty centers, and hospitals. We're here for you when you need a well exam, health screenings, immunizations, or an immediate medical need. You can count on us to help you live well at every stage of life.

### An experience you'll love

- **Access to any Park Nicollet and HealthPartners Medical Group First primary or specialty care provider** without a referral.
- **Direct access to Park Nicollet and HealthPartners specialty centers**, including:
  - Bariatric Surgery & Weight Center
  - Burnsville Same Day Surgery Center
  - Child & Family Behavioral Health (formerly Alexander Center)
  - Family Birth Center
  - Frauenshuh Cancer Center
  - HealthPartners Neuroscience Center
  - HealthPartners Same Day Surgery Center
  - Heart and Vascular Center
  - Jane Brattain Breast Center
  - Joint Replacement Institute
  - Maple Grove Same Day Surgery Center
  - Melrose Center (for eating disorders)
  - Regions Hospital Burn Center
  - Sleep Center
  - St. Louis Park Same Day Surgery Center
  - Struthers Parkinson's Center
  - Women's Center
  - TRIA Orthopedic Center, featuring our Neck and Back Strengthening Program
- **24/7 online care** for diagnosis and treatment of 60 common health conditions at **Virtuwell.com**.

# Get the care you need — when and where you need it

- **Direct access** to more than 55 medical and surgical specialties, 50 neighborhood clinics, 18 specialty care centers, 20 urgent care locations, and hospitals recognized as leaders in cancer care, cardiovascular services, maternity care, and neuro-rehabilitation medicine.
- **Same-day primary care appointments**, plus evening and weekend hours.
- **SmartCare<sup>SM</sup>** for time-saving care when and where you need it — at the clinic, on your phone, or online.
- **Urgent Care** for issues that aren't life threatening but need attention right away. Open late seven days a week; check wait times for your specific urgent care online at [HealthPartners.com](https://www.healthpartners.com).
- **Nurse advisors** you can reach 24/7/365.
- **A Travel Program Network** you can use when outside the service area (Minnesota, North Dakota, South Dakota, and western Wisconsin). The program's network is one of the largest in the country. And if you're a parent, even better: It covers your children when they're away at school. Emergency care services for students seeking care outside the ACO service area but within Medica's service area will be covered at the in-network benefit level. For other health care services, they will need to access care from a Park Nicollet and HealthPartners First network partner for in-network benefits to apply.

## Built-in accountability to deliver better health + better care

Park Nicollet and HealthPartners Medical Group First with Medica is an accountable care organization (ACO). What that means is simple: We partner with a group of doctors, hospitals, and other health care providers to give you high-quality care at a lower cost. When you receive services through your ACO, you can be confident that your team of providers will proactively help you get the care you need, at the right place, and at the right time.

## Get the most value by staying in-network

Remember to see providers in the Park Nicollet and HealthPartners Medical Group First with Medica network. If you get care outside the network, your costs will be much higher. You can find network providers here: [Medica.com/FindCare](https://www.Medica.com/FindCare) and select *Park Nicollet and HealthPartners Medical Group First with Medica*.



Scan the code above with your phone's camera to find care options in your network.



### Have questions? We're here to help.

Want to know more about your benefits? Have another question? **Call 1 (855) 727-5178 (TTY: 711)**. You can reach us Monday - Friday, 7 a.m. - 8 p.m. CT (closed 8 a.m. - 9 a.m., Thursdays), and Saturday, 9 a.m. - 3 p.m. CT. You can also go to [Medica.com/FindCare](https://www.Medica.com/FindCare) and select *Park Nicollet and HealthPartners Medical Group First with Medica*.