

# Altru & You with Medica<sup>SM</sup>



## THE RIGHT CARE FOR YOU. RIGHT HERE — OR WHEREVER YOU ARE.

Altru & You with Medica connects you with the care you need, when and where you need it. No matter if you're in your hometown or in another location across the state — you can connect with a community of providers you know and trust.

### An experience you'll love

- **Direct access to any primary or specialty care provider** in the Altru & You network without a referral.
- **Online diagnosis and treatment right from your home or hometown** for non-urgent health conditions. You can also go to your hometown health care center for a virtual visit with an Altru specialist at another location.
- **Altru Express** walk-in clinics and online options for care without an appointment.
- **MyChart, a secure online portal** where you can schedule appointments, pay bills, see test results, request prescription refills, and more. Sign up for a MyChart account at [AltruAndYou.com](https://AltruAndYou.com).
- **Altru Orthopedics & Sports Medicine** to give you tools and care for a faster recovery. Specialty programs include knee and hip replacement with the Mako Robotic-Arm, hand and shoulder surgery, and concussion management. Visit [Altru.org/Ortho](https://Altru.org/Ortho).

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

- **Direct access** to care in more than 30 communities, with additional specialists available through virtual visits.
- **A total of 13 locations** in Grand Forks and East Grand Forks alone — including an acute care hospital, a specialty hospital, an inpatient rehabilitation hospital, various clinics, the Altru Cancer Center, Altru Orthopedics & Sports Medicine, the Sanny & Jerry Ryan Center for Prevention & Genetics, and Yorhom Medical Essentials.
- **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 an Altru & You network provider for in-network benefits to apply.

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

Altru & You 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 Altru & You network. If you get care outside the network, your costs will be much higher. You can find network providers here: [AltruAndYou.com](https://www.altruandyou.com).



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) 400-9652** (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. To get information about your benefits or care online, go to [AltruAndYou.com](https://www.altruandyou.com).