



2024 Member Plan Guide

Medica Choice CareSM PMAP
Prepaid Medical Assistance Program (PMAP)

Questions? We're here to help.



Medica Member Services

1 (800) 373-8335 (TTY: **711**), this call is free
8 a.m. - 6 p.m. CT, Monday - Friday

Medica.com/ChoiceCare

Minnesota Health Care Program Member Help Desk

1 (800) 657-3739 (TTY: **711**), this call is free
8 a.m. - 5 p.m. CT, Monday - Friday

Don't speak English?

We provide \$0 interpreter services in 200+ languages. We'll set up language or sign language interpreter services for medical, dental, mental health, and substance use disorder visits, and picking up prescriptions. Call the Member Services number 2-5 business days before your appointment to schedule.

Your member account

Visit your secure Medica member account at **Medica.com/MyAccount** to manage your plan benefits.



New users can follow the registration steps in this guide.

Using QR codes

This guide includes QR codes (like the one above) to quickly get you to our online information and resources. Here's how to use a QR code:

- 1 Hover your smartphone or tablet's camera over the QR code
- 2 Tap on the link that appears on your screen
- 3 Read the online information

AT A GLANCE

Medica Choice CareSM PMAP

You're enrolled in a Minnesota Prepaid Medical Assistance Program (PMAP) health plan with Medica. Your plan provides health care at no cost when you use network providers and benefits.

Your plan features

- Access to a large network of providers for care
- \$0 gym membership through One Pass™
- \$0 eVisits through Virtuwel®
- \$0 transportation to and from health care visits
- Dental care coverage
- Extensive list of covered drugs
- Mental health and substance use disorder services
- \$0 eyeglasses from Eye-Kraft®



Review your plan documents

Review your plan documents at **Medica.com/PlanDocs**. You'll find your Provider and Pharmacy Directory, List of Covered Drugs (Formulary), and Member Handbook there. To get a mailed copy of your plan documents, visit **Medica.com/OrderMedicaid** or call **1 (800) 373-8335 (TTY: 711)**. This call and mailed copies of your plan documents are free.

Understanding your care + network



Network providers are your best option

You can use any doctor, clinic, or hospital that's currently part of the extensive Medica network. You don't need a referral. Providers in our network can change at any time, so check to make sure your provider, clinic, or hospital is still in the network before your appointment.

Visit **Medica.com/PMAPDoctors** to use our searchable provider directory. You can also call Member Services at **1 (800) 373-8335** (TTY: **711**) for help. This call is free.



Stay healthy with preventive care

Preventive care, including vaccines and screenings, is the best way to help avoid major health problems. We even give you gift card rewards for completing certain vaccines and screenings.

Vaccines against flu, COVID-19, and others help keep you, your family, and your community healthy. Regular screenings can catch health issues early, when they are easier to treat.

Find recommended preventive care at **Medica.com/Prevention**. Learn more about gift card rewards at **Medica.com/PMAPRewards**.

Get your care guide

Our "How to Get the Care You Need" guide gives you information about how to get the most out of your plan, including:

- Connecting to the care you need
- Understanding what we do for you
- Important phone numbers and resources

You can download the guide at **Medica.com/HowToGuide**. Want a printed copy? Call the Member Services number on page 2 of this guide.

Care when you need it



Health AdvocateSM + NurseLineTM

NurseLine gives you no-cost access to highly trained nurses you can reach 24/7. They can answer your questions about symptoms, medications, and health conditions, and offer self-care tips for non-urgent medical issues.*

Have questions about your plan coverage? Our **Personal Health Advocates** will help you with health- and insurance-related questions. Services are strictly confidential and part of your Medica plan.

1 (866) 715-0915 (TTY: **711**), this call is free 24/7.

Answers@HealthAdvocate.com

HealthAdvocate.com/Medicaid



Urgent care

These are walk-in clinics that treat common non-emergency medical conditions like strains, sprains, and minor broken bones that need care right away. No appointment needed.

Find an urgent care clinic at **Medica.com/PMAPDoctors**.



Virtual care with Virtuwel

This is online care you can get by using your computer, smartphone, or tablet from anywhere for 50+ common, minor medical conditions. Nurse practitioners are 24/7 available every day.

Virtuwel.com



Convenience care

These are walk-in clinics that treat a limited number of common medical conditions like strep throat, ear infections, or rashes. You don't need an appointment, and the clinics are usually located in pharmacies, grocery, and retail stores.

Find one at **Medica.com/PMAPFind**.

*The information offered by the NurseLine isn't meant to provide a medical diagnosis or treatment. In an emergency, call 911 or go to the nearest emergency room.

Getting care from specialists



Vision + eyewear

Your plan covers regular vision care from a network vision provider and one pair of new glasses when medically necessary from Eye-Kraft. You'll find details about this coverage in the eye care section of your Member Handbook.

Find vision providers at **Medica.com/PMAPDoctors** or view the catalog of available Eye-Kraft frames at **Medica.com/PlanDocs**.



Dental services

Your dental coverage is provided through Delta Dental of Minnesota. Their staff can help answer questions about your dental benefits, billing issues, and finding a dentist.

Find a dentist at **Medica.com/PMAPDoctors** or call Delta Dental for help at **1 (800) 459-8574** (TTY: **711**), this call is free 7 a.m. - 7p.m., CT, Monday - Friday. This call is free.

Need another kind of specialist?

Find them at **Medica.com/ChoiceCareDoctors** or call Member Services.

High-quality transplant services



The Centers of Excellence networks through OptumHealth help ensure you get cost-effective, quality care.

Transplant access program

The Optum Transplant Centers of Excellence network manages 14,300+ transplant referrals every year.

An Optum Centers of Excellence network medical center will help you get:

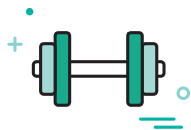
- More accurate diagnoses
- Higher survival rates
- Care that's planned, coordinated, and provided by a team of experts who specialize in your condition
- Appropriate therapy
- Fewer complications
- Shorter stays

You'll need to work with us for any transplant service.

Transplant services, including pretransplant evaluation(s), require prior authorization.

1 (866) 905-7430 (TTY: **711**), this call is free.

Money-saving extras



Stay active with One Pass™ — your \$0 gym + fitness benefit

Focus on your health and fitness with our no-cost nationwide One Pass network of gyms and large digital library of on-demand and live-streaming classes.

Steps to get started:

1. Create a One Pass account online or by phone using your name, birthdate, and Medica member ID Number (found on your Medica member ID card).

Medica.com/Fitness



1 (877) 504-6830 (TTY: **711**), 8 a.m. - 9 p.m. CT, Monday - Friday.



This call is free.

2. Save the One Pass member code assigned to your account. You'll use your code to unlock all One Pass features, including unlimited use of any One Pass gym. Just show your code on your first visit to each location.
3. Explore the One Pass program online at **Medica.com/Fitness** or by calling the One Pass Support phone number above.



Healthy Savings

Save money at the grocery store when you buy healthy foods and get instant discounts at participating retailers. Just buy the promoted products and scan the bar code on your Healthy Savings card or from the Healthy Savings mobile app at checkout. You'll get your Healthy Savings card in a separate mailing.

Medica.com/HealthySavings



Gift card rewards

Get rewarded for taking care of your health. As a Medica Choice Care PMAP member, you get gift card rewards for completing regular health checks and screenings.*

Learn what rewards you might be eligible for at **Medica.com/PMAPRewards**.

*Terms and conditions apply.

Health support when you need it

At Medica, you're not just covered, you're cared for.
We offer resources to support your health.



Mental health services

Find mental health professionals or substance use disorder counselors for in-person or online care and more. Medica Behavioral Health* will help you find what you need.

1 (800) 848-8327 (TTY: **711**), this call is free 24/7

LiveAndWorkWell.com

Choose "browse as a guest with a company access code," then enter guest access code: "Medica".

Mental health app

Get the AbleTo mobile app for on-demand help with stress, anxiety and depression. It has coping tools, daily mood tracking, and weekly progress check-ins to help you stay engaged and manage symptoms.

Download it from the Apple App Store or Google Play

What to do in a mental health emergency

If you have an emergency crisis involving mental health, alcohol or drugs and need help right away, call the 988 Suicide & Crisis Lifeline.

988 (TTY: **711**), this call is free 24/7

For an emergency that needs treatment right away, call **911** or go to the nearest emergency room.

*United Behavioral Health manages the Medica Behavioral Health program.

Extra support



Tobacco cessation

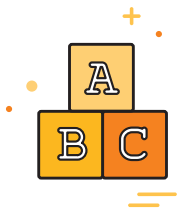
Ready to quit tobacco? We're here to help with confidential sessions with a specially trained health coach. Your coach can help you:

- Get and stay motivated
- Set goals and solve problems
- Cheer you on your journey to becoming tobacco-free

If it's medically appropriate, you'll get over-the-counter (OTC) nicotine replacement therapy (NRT) in the form of patches, gum, or lozenges delivered to your home at no cost. Your coach may refer to you a prescription NRT if the OTC versions aren't working for you.

1 (866) 905-7430 (TTY: **711**) 8 a.m. - 5 p.m. CT, Monday - Friday.
This call is free.

[Medica.com/QuitTobacco](https://medica.com/QuitTobacco)



Pregnancy program

Pregnancy can be an exciting yet anxious time. Get the information and support you need to have a safe and healthy pregnancy and more with our program. You will:

- Talk with a program nurse and get your pregnancy questions answered
- Learn about prenatal care
- Identify potential pregnancy risks and work with the nurse to address them
- Get pregnancy-related mailings
- Learn about resources available from us and in your community

To sign up, call **1 (888) 906-0958** (TTY: **711**), 8 a.m. - 5 p.m. CT, Monday - Friday. This call is free.



Extra online pregnancy support

Get personalized support for the entire parenting journey from the Ovia Health™ family of apps. Female members between 18 and 46 get enhanced in-app experiences with Ovia, Ovia Pregnancy, and Ovia Parenting. Record growth and development, access personalized support and guidance, find useful information, and connect with coaching to help achieve your goals. Download one or all of the apps. The Ovia apps are available at no cost from the Apple App Store or Google Play.



Complex care management support

Have a serious or chronic health condition? Our Case Managers can partner with you and your providers to help manage health conditions and create a personalized care plan for you. Then your Case Manager will help you as you work toward your health goals.

To get started, call **1 (866) 905-7430** (TTY: **711**), 8 a.m. - 5 p.m. CT, Monday - Friday. This call is free.



Chronic care management

Get support for chronic conditions such as asthma, diabetes, and high blood pressure. A registered nurse will review your chronic conditions, help you create health goals, and help support as you work toward your goals.

1 (866) 905-7430 (TTY: **711**) 8 a.m. - 5 p.m. CT, Monday - Friday. This call is free.

Understanding your prescription drug benefits

Your medical and prescription drug coverage is all in one plan with the convenience of one ID card and one number to call for member service.



Prescription and pharmacy information on-the-go

Find a network pharmacy, order refills, and more with the Express Scripts® mobile app. Download the app for free from your mobile device's app store. Or visit our pharmacy network online at **Medica.com/PMAPDoctors**. You can also call Member Services at **1 (800) 373-8335** (TTY: **711**), this call is free.



Retail pharmacy network

Our pharmacy network has more than 1,500 pharmacies, including national chains and independent pharmacies. Fill your prescriptions at a network pharmacy (copays may apply). Always bring your Medica ID card with you when you pick up a prescription.

If you can't get to a pharmacy, ask if they can mail your prescriptions to you free of charge, or if they offer no-cost home prescription delivery.



Get your diabetic supplies at the pharmacy

Did you know you can get your diabetic test strips and other supplies from your pharmacy? Talk to your prescriber and pharmacist for more information.

LIST OF COVERED DRUGS (FORMULARY)



Ask your health care provider to make sure the drug they prescribe is on the Medica List of Covered Drugs (Formulary). Find the most current list at **Medica.com/2024DrugList** or call Member Services at **1 (800) 373-8335** (TTY: **711**), this call is free. Note: We may make changes annually and throughout the benefit year.



Track your medications

It's important to take the right medications at the right time. Here are three easy tips to help you get and stay organized:

1. Keep all your medications together in one place.
2. Use a pill organizer to sort your medications by day. Use more than one if you need to organize morning, lunch, dinner, or bedtime medications.
3. Set your alarm or post a note on your phone, refrigerator, TV, or computer to alert you.



Get no-cost rides with Provide-A-RideSM

Get round-trip rides to medical, pharmacy, dental, mental health, substance use disorder, and durable medical equipment visits.

All rides must be scheduled. Have your Medica member identification (ID) number, date of birth, and the name and address of where you're going.

Rides when Medica office is closed

For urgent rides, call the NurseLine by Health Advocate at **1 (866) 715-0915** (TTY: **711**) available 24/7. This call is free. After-hours rides aren't guaranteed. In a life-threatening situation, call **911** for help.

Why a ride request may be turned down:

- The ride was to a place or service your health plan doesn't cover
- You don't know the provider's name and/or address
- You need a referral for the appointment, but you don't have one
- Your coverage with Medica isn't active on the date of the visit
- You didn't call early enough to schedule the ride
- Your appointment's location is more than the state's distance limit for a ride*
- You have access to a working vehicle
- Abusive behavior (including the use of profanity)
- Not showing up for your ride and other misuses of transportation may result in a warning and change in the ride options available to you.

*State distance limits don't require us to provide transportation to primary care more than 30 miles or specialty care more than 60 miles from your home.

How to schedule



Phone

Call Medica Member Services at the number on page 2 of this guide.



Online

Visit **Medica.com/RIDE** and register to use the online Provide-A-Ride portal. You can view future rides here.

Minneapolis/St. Paul metro area

Schedule your ride **at least one business day** before your visit.

Outside the metro area

Schedule your ride **at least five business days** before your visit.

Types of transportation

We'll provide public transit for members who live on a transit line. Call Member Services **at least five business days** before your appointment. Monthly passes are available. We'll also provide taxi or volunteer driver program rides for members who don't live on a transit line.

NEW USERS

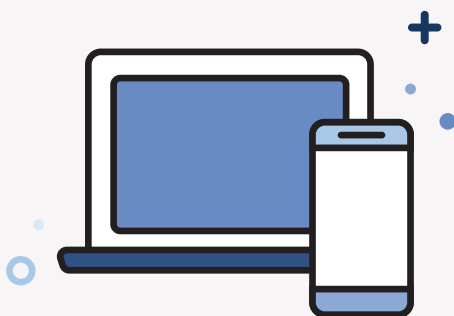
Create your member account

Your secure Medica member account is your one-stop health plan resource. At **Medica.com/MyAccount**, you can:

- Access your member ID card
- Find providers
- Review benefit and coverage details
- Check on the status of submitted claims
- Get a detailed look at charges

You'll need to create an account the first time you visit. Go to **Medica.com/MyAccount**, choose "Create an account," provide the requested information, then select your user name and password.

For real-time help, contact Medica Technical Support at **1 (877) 347-0277** (TTY: **711**), 7 a.m. - 9 p.m. CT, Monday - Friday. This call is free.



We're listening

Your feedback helps

During the year you may be asked to fill out surveys about your satisfaction with us, or about your physical and mental health. Your feedback helps us improve your experience. Responses are confidential and won't affect your Medica membership.



**You're not just covered,
you're cared for.**



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