

2023 Member Plan Guide

Medica Choice CareSM PMAP
Prepaid Medical Assistance Program (PMAP)

Have 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/PMAP



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.

Medica member website [Medica.com/SignIn](https://www.medicamember.com/SignIn)



Using QR codes

This guide includes QR codes (like the one above) to quickly get you to our online information and resources. To use QR codes, follow these three steps:

- 1 Hover your smartphone's camera over the QR code
- 2 Tap on the link that appears at the top of 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, Medica Choice Care PMAP, provides health care at low or 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 virtuwell®
- \$0 transportation to and from health care visits
- Dental care coverage through Delta Dental® of Minnesota and its Minnesota Select Dental network
- 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](https://www.medicamn.com/PlanDocs). You'll find your Provider and Pharmacy Directory, List of Covered Drugs, and Member Handbook there. To get a mailed copy of your plan documents, visit [Medica.com/OrderMedicaid](https://www.medicamn.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](https://www.Medica.com/PMApdoctors) to access our online, searchable provider directory or 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 stop health concerns from becoming big problems.

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 for you by visiting [Medica.com/Prevention](https://www.Medica.com/Prevention).

Guide available

Medica's How to Get the Care You Need guide provides information about how you can get the most out of your health plan, including:

- Connecting to the care you need
- Understanding what Medica does for you
- Important phone numbers and resources

To view the guide online, go to [Medica.com/HowToGuide](https://www.Medica.com/HowToGuide). To ask for 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 access to highly trained nurses who are available 24/7 at no additional cost to you. They can answer your questions about symptoms, medications and health conditions, and other 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 hours a day, seven days a week
Answers@HealthAdvocate.com
HealthAdvocate.com/Medicaid



Urgent Care

Walk-in clinics that treat common non-emergency medical conditions and more, such as strains, sprains, and minor broken bones, that need care right away. No appointment needed. To find an urgent care clinic, visit **Medica.com/PMAPdoctors**.



Virtual care with virtuwell

Online care using your computer, smartphone, or tablet offers care from anywhere for 50+ common, minor medical conditions. Nurse practitioners are available every day around the clock.

virtuwell.com



Convenience care

Walk-in clinics that treat a limited number of common medical conditions like strep throat, ear infections, or rashes that require care right away. Clinics are available in pharmacies, grocery, and retail stores. No appointment needed. To find a clinic, visit **Medica.com/PMAPFind**.

*The information offered by the NurseLine is not 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. Details about eye care coverage are in the eye care section of your Member Handbook.

Search the list of network vision providers at [Medica.com/PMAPdoctors](https://www.Medica.com/PMAPdoctors) or view the catalog of available Eye-Kraft frames by visiting [Medica.com/PlanDocs](https://www.Medica.com/PlanDocs).



Dental services

You have dental care coverage through Delta Dental of Minnesota and its Minnesota Select Dental network. Delta Dental Member Services has trained staff who can explain what dental services are covered, help with billing issues, provide information about oral health, and help you find a dental provider. You can also find a network dental provider at [Medica.com/PMAPdoctors](https://www.Medica.com/PMAPdoctors).

1 (800) 459-8574 (TTY: **711**), this call is free
7 a.m.-7 p.m. CT, Monday-Friday

Need another kind of specialist?

You can search by specialty at [Medica.com/PMAPdoctors](https://www.Medica.com/PMAPdoctors) or call Medica Member Services.

Health support when you need it

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



Behavioral health services

Learn about substance use disorder resources and see a mental health provider in our network, either in person or virtually. The Medica Behavioral Health (MBH)* Crisis Line will help you find the care you need.

1 (800) 848-8327 (TTY: 711), this call is free
24 hours a day, 7 days a week

LiveAndWorkWell.com

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

What to do in a mental health emergency

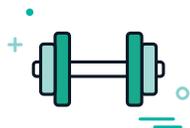
If you're facing an emergency crisis involving mental health, alcohol or drugs and need immediate help, call the 988 Suicide & Crisis Lifeline right away.

988 (TTY: 711), this call is free
24 hours a day, 7 days a week

In 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.

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 livestreaming 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

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® program

Save money at the grocery store when you buy healthy foods. Your Healthy Savings discount gives you 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



Tobacco cessation

When you're ready to quit tobacco, we're here to help with confidential sessions with a specially trained health coach. You can count on your coach to help you:

- Tap into your motivation
- 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 nicotine replacement therapy (NRT) in the form of patches, gum, or lozenges delivered to your home at no additional cost. Your coach may refer to you a prescription NRT if the over-the-counter versions aren't working for you.

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

[Medica.com/Wellness/Medicaid-Tobacco-Cessation](https://www.Medica.com/Wellness/Medicaid-Tobacco-Cessation)



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*. Once you earn a reward, you can choose from more than 100 gift card options.

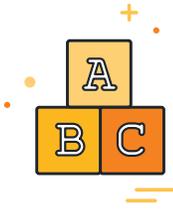
How it works

1. Complete one of your reward-eligible health checks or screenings.
2. Your health care provider submits a claim to Medica. This can take up to 180 days.
3. Medica mails your reward to you.

Learn what rewards you might be eligible for at **[Medica.com/PMAPrewards](https://www.Medica.com/PMAPrewards)**.

*Terms and conditions apply.

Your health plan gives you extra support



Pregnancy program

Pregnancy can be an exciting yet anxious time. You can 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 any potential pregnancy risks and work with the nurse to address them
- Receive pregnancy-related mailings
- Learn about resources available from Medica 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.



Pregnancy support

We've partnered with Ovia Health™ to support female members age 18-46 through the entire parenthood journey with three apps: Ovia, Ovia Pregnancy, and Ovia Parenting. The apps offer personalized guidance, support, and coaching to help achieve your health goals. The Ovia apps are available at no cost from the Apple App Store or Google Play.



Complex care management support

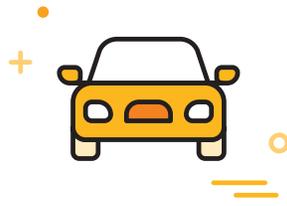
Are you living with a serious or chronic health condition? You're not alone. Case managers can partner with you and your providers to help manage health conditions and create a personalized care plan based on your health goals. Then your case manager will provide ongoing coordination and support as you're working 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 with chronic conditions such as asthma, diabetes, and high blood pressure. A registered nurse will review any chronic conditions, help you create health goals, and give you ongoing support to reach your goals.

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



Get a no-cost ride 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 name and address of where you are going.

Rides when the Medica's office is closed

For urgently needed rides, call the NurseLine by Health Advocate at **1 (866) 715-0915** (TTY: **711**) available 24/7. This call is free. An after-hours ride is not guaranteed. In a life-threatening situation, call 911 for help.

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.

WAYS TO SCHEDULE



Phone

Call Medica Member Services at the number on page 2 of this guide to reach Provide-A-Ride services.



Online

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



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 while on-the-go using 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](https://www.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 includes more than 1,500 pharmacies, including national chains and independent pharmacies. Fill your prescriptions at a network pharmacy for the best prescription prices (copays may apply). Always bring your Medica ID card with you when picking up a prescription.

If you can't get to a pharmacy, ask the pharmacy if it can mail your prescriptions to you free of charge, or if it offers free 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? Save time and pick up your supplies when you pick up your prescriptions. Talk to your prescriber and pharmacist for more information.

FORMULARY (LIST OF COVERED DRUGS)



Ask your health care provider to make sure the drug they prescribe is on the Medica List of Covered Drugs. Visit [Medica.com/2023DrugList](https://www.medicare.com/2023DrugList) to find and download the most current List of Covered Drugs, 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:

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





Transplant services provided with care

To ensure you get the highest quality of care, the Centers of Excellence networks through OptumHealth are available to deliver cost-effective, quality health care.

Transplant access program

The Optum Transplant Centers of Excellence network is one of the largest networks, managing more than 14,300 transplant referrals annually.

You have access to the Optum Transplant Centers of Excellence network for transplant services.

Clinically superior care

By choosing an Optum Centers of Excellence network medical center, you'll be more likely to get:

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

It's important and necessary to work with us for any transplant service. Transplant services, including pre-transplant evaluation(s), require prior authorization.

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

MyOptumHealthComplexMedical.com

NEW USERS

Create an account on your secure member website

Your secure Medica member website offers information to help you manage your medical plan benefits. At **Medica.com/SignIn**, you can sign in to an existing account, or register a new account after choosing “I’m insured through Medicaid.” Your member website:

- 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

To register an account at **Medica.com/SignIn**, you’ll be asked type in your name, date of birth, member ID, and Group/Policy Number found on your Medica identification (ID) card. Then create your user name and password.

For technical questions:

1 (877) 844-4999 (TTY: **711**), this call is free, 7 a.m.-9 p.m. CT, Monday-Friday



We’re listening

Aiming for excellence — your feedback helps

During the year, you may be asked to fill out surveys about your satisfaction with Medica, 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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