



# Essentia Choice Care with Medica<sup>SM</sup>

IS THERE A DOCTOR IN THE HOUSE?  
YES, 2,300 OF THEM.

Essentia Choice Care with Medica combines the strengths of Medica and Essentia Health working together to make a healthy difference in your life. We partner with thousands of providers to deliver care in a meaningful and respectful way. And a patient assistant is available to welcome members and offer extra help, if needed.

## Features you'll love

- **One phone number** for questions about care, coverage, and more: **1 (866) 428-7427**.
- **Same-day access to a care team member** for quick answers and help, including 24/7 Video Visits On Demand, Nurse Care Line, and E-visits.
- **Direct access to network specialists and primary care providers** without a referral.
- **A 20% discount on skin products and services** at Essentia Health Skin Renewal locations in Detroit Lakes, Duluth, and Fargo.
- **Convenient, personalized pharmacy care** at Essentia Health Pharmacies, including online refills, delivery options, and specialty pharmacy services. Call **1 (844) 380-5642** to learn more.
- **Health coaches** to improve your health and navigate chronic health conditions like diabetes and high blood pressure.
- **MyChart, a secure online portal** that lets you schedule appointments, pay bills, see test results, request prescription refills, and more. To access MyChart go to **Medica.com/FindCare** and select *Essentia Choice Care with Medica*.

**Essentia Health**

**Essentia MyHealth is now MyChart**  
Manage your care in the same place but with a fresh new look and newly added features. Log into the new MyChart experience to learn more.

- Make an Appointment**  
Schedule appointments with your primary care provider or care team.
- Video Visits**  
Visit with your care team or get urgent care on demand via video chat.
- Family Care & Proxy Access**  
Manage care for your family or as a caregiver for a loved one.
- Refill Your Prescription**  
Request prescription refills for delivery or pick-up at your preferred pharmacy.
- Test Results & Visit Notes**  
Access and view your test results the moment they are made available.
- Request Medical Records**  
Request access and view your medical records.

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

- **Direct access** to more than 2,300 providers, 14 hospitals, and over 70 clinics in northern Minnesota, southeastern North Dakota, and northwestern Wisconsin.
- **Online care options.** Connect with your network provider online for medication refills, virtual care appointments, and urgent care visits.
- **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. If your student is seeking care outside the Essentia Choice Care service area but within Medica's service area of Minnesota, North Dakota, South Dakota, and western Wisconsin, emergency care services will be covered at the in-network benefit level. For other health care services, they will need to access care from an Essentia Choice Care network partner for in-network benefits to apply.

## Built-in accountability

Essentia Choice Care 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.

## In-network vs. out-of-network

To get the most out of your benefits, remember to see providers in the Essentia Choice Care 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.medicacom.com/FindCare) and select *Essentia Choice Care with Medica*.



### Need help? We're here.

Want to know more about your benefits? Have another question? **Call 1 (866) 428-7427** (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.medicacom.com/FindCare) and select *Essentia Choice Care with Medica*.