



Altru & You with MedicaSM

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 providers and a system you know and trust.

Features 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
- **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 Altru.org/Ortho
- **Discounted programs** to help you make positive changes:
 - 10% off Altru health coaching sessions
 - First month of Altru's Weight Management Program at no cost and then 10% off the following months, and 10% off the price of food
 - Watch for special promotions on body composition analysis and biometric screenings throughout the year

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. If your student is seeking care outside the Altru & You 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 Altru & You network provider for in-network benefits to apply

Built-in accountability

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.

In-network vs. out-of-network

To get the most out of your benefits, 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).



Need help? We're here.

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).