



MEDICA®

PLAN DETAILS

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

 **Altru**<sup>®</sup>  
HEALTH SYSTEM

# ABOUT ALTRU & YOU

Altru and Medica have created a unique network that delivers quality care, patient satisfaction and lower costs. Altru & You with Medica provides access to more than 40 primary care clinics and 17 hospitals in northeastern North Dakota and northwestern Minnesota. Members also have access to multiple specialty centers, including Altru Cancer Center, Altru Advanced Orthopedics, Sanny & Jerry Ryan Center for Prevention & Genetics, and Yorhom Medical Essentials.

## What is an Accountable Care Organization?

Accountable care organizations (ACOs) are networks or teams of health care providers (such as clinics, hospitals, doctors, and specialists) that collaborate with Medica to make health care more efficient and improve the member experience. The network may be smaller than Medica's other open access networks, but the benefits are significant.

## ACOs Deliver Results

ACOs deliver improvements in:

- » **Costs** — cost savings compared to open-access products
- » **Clinical quality** — better member engagement and care coordination
- » **Consumer experience** — 97% of members renew into an ACO product\*

\*Results based on 2019 enrollment

## Travel Program

If members travel outside the Medica service area (Minnesota, North Dakota, South Dakota and western Wisconsin) they can get network coverage by visiting a provider in the Travel Program Network. This nationwide network is one of the largest in the country. If members have children attending college outside the service area, they can use this network, too.



# THE ALTRU & YOU WITH MEDICA EXPERIENCE

## Convenient & Quick Access to Care

Through several Altru Express access points, members can receive quick access to walk-in clinics and online care options without having to schedule an appointment.

## A Secure Online Patient Portal

Members can access portions of medical records, communicate with providers, schedule or cancel appointments, pay bills, view most test results, complete advanced appointment registration, request prescription refills and more with Altru's MyChart portal.

## Comprehensive, Personalized Care for Bones, Joints & More

Specialized programs at Altru Advanced Orthopedics include joint replacement, knee and hip replacement with the Mako Robotic-Arm, specialized hand and shoulder surgery and concussion management.

## A Variety of Online Care Options

Members can connect with their doctor from their computer or mobile device for a virtual visit to treat a non-urgent problem. Or, go to their hometown health facility for a video visit with an Altru specialist at another location.

## A Team of Specialists to Help Patients Lose Weight

Altru's Weight Management Program includes assessments, group or one-on-one lifestyle change sessions, online nutrition and fitness monitoring at a discounted fee for members.

## Direct Access to Specialists

Members may see any primary or specialty care provider in the Altru network without a referral.

## Discounts on Wellness Programs & Unique Ways to Earn Rewards

**50% off sessions with an Altru health and wellness coach.** Members can get the tools, motivation and support they need to set and achieve goals related to nutrition, fitness, stress, sleep and more.

**50% off Altru's Weight Management Program plus 10% off the cost of food on the program.** A team of medical providers, dietitians and exercise specialists help members on their weight loss journey. The program includes assessments, group or one-on-one lifestyle change sessions, online nutrition and fitness monitoring.

**Ways to earn rewards for healthy habits.** Members complete activities personalized just for them and earn points along the way, which they can redeem for e-gift cards or other rewards. Altru & You members have extra ways to earn points, including participating in Altru's Health Coaching or Weight Management Program and other activities.



## WHEN IT COMES TO HEALTH CARE, EVERYONE WANTS TO HAVE CHOICES.

We know it's important to offer your employees options that will best meet their needs. If Altru & You with Medica is not the right fit for an employee, they have the option to choose Medica Choice<sup>®</sup> Passport, which offers the largest network of providers.

Medica Choice Passport is an open access plan that lets your employees choose from any doctor, clinic or facility throughout the large network of more than one million providers and nearly 5,800 hospitals nationwide. Regardless of their choice, employees have access to quality care and they can pick a plan that provides the care, convenience and cost savings they want.

# CHOOSE ALTRU & YOU WITH MEDICA

## Clinics & Hospitals

### North Dakota

- Cando
- Cavalier
- Cooperstown
- Devils Lake
- Drayton
- Dunseith
- Grafton
- Grand Forks
- Langdon
- Larimore
- Maddock
- McVille
- Northwood
- Park River
- Rugby
- Walhalla

### Minnesota

- Bagley
- Crookston
- East Grand Forks
- Erskine
- Fertile
- Fosston
- Greenbush
- Hallock
- Karlstad
- Oklee
- Red Lake Falls
- Roseau
- Thief River Falls
- Warren
- Warroad

Visit [Medica.com/AltruForEmployers](https://www.Medica.com/AltruForEmployers) to view a full listing of providers and hospitals.



For more information, contact your broker  
or Medica Sales at **1 (800) 371-1613**.

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