



EMPLOYER UPDATE

February 2017



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New materials to help promote My Health Rewards

Help employees start the New Year on a healthy note. Encourage them to participate in My Health Rewards by Medica®. With My Health Rewards, employees can establish and maintain healthy goals and habits, and earn rewards in the process.

New in 2017, employees can earn reward points by participating in a Next-Steps Consult™. During a consult, employees talk to a Health Guide to review their Compass™ health assessment results, learn about their health risks and identify steps toward healthy changes.

To help promote the program to employees, we have new member campaign materials available at medica.com/myhealthrewards. Fliers, posters and emails are ready to use to raise awareness of the program and encourage employees to use it.

[View Next-Steps Consult member flier](#) | [View My Health Rewards member campaign materials](#)

Please contact your broker or account team if you have any questions about the campaign.

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New pharmacy mobile app and website for members

On Jan. 1, 2017, Medica successfully completed the transition to our new pharmacy benefit manager, CVS Caremark™. Please encourage members to take advantage of our new pharmacy tools and resources. They can:

- Download the free mobile app. Members have access to a new pharmacy app that helps them save money and manage their prescription benefits on the go. They can download the free app from the Apple Store or Google Play.
- Log on to **mymedica.com** to access new pharmacy information. Members should choose the *Pharmacies & Prescriptions* tab and then navigate to new CVS pharmacy tools through links named "See what drugs are covered and compare prices at local pharmacies," "Find a pharmacy near you" and "View your prescription claims."
- [Watch this video](#) to learn more about the mobile app and the website.

If you have any questions regarding these new pharmacy tools, please contact your broker or Medica representative.

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Medica Foundation announces grant recipients

In 2016, the Medica Foundation awarded \$1,222,000 to 96 nonprofit and government agencies. The Foundation's mission is to fund community-based initiatives and programs that support the diverse health care needs of Medica's customers and the greater community by improving their health and removing barriers to health care services.

Grants were awarded in the following funding areas:

- Healthy Aging (\$140,000) - supports programs focused on caregivers who are critical to the health and wellbeing of older adults.
- Behavioral Health (\$360,000) - supports programs that address gaps in current services, integrate physical and mental health and provide supportive and intensive case management services.
- Early Childhood Health (\$297,000) - supports programs that focus on healthy families to foster optimal growth and development of young children.
- Organizational Core Mission Support (\$200,000) - provides grants to support the health-related programming for organizations in the regional and rural areas of Medica's service area.
- General Health (\$225,000) - supports community-based health initiatives.

"The health care community is going through a period of change and we remain committed to the greater community during these challenging times through support of our partners who improve health and remove barriers to health care services for those in need," said JoAnn Birkholz, director of the Medica Foundation.

Details about grant recipients, funding opportunities, giving guidelines and application deadlines are available online at medicafoundation.org. Information on Medica Foundation funding priorities and grant application periods will be available in March 2017.

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Health plan survey mailing to members starting in February

Some Medica commercial members will be receiving a survey in the coming weeks. The survey is part of a national project by the National Committee for Quality Assurance (NCQA), a non-profit group that helps people learn more about health care plans.

To help us conduct the survey, we've hired DSS Research, an independent research firm. No one but the staff at DSS Research and NCQA will see member responses. Answers will be pooled and will not include member information. Participation does not impact a member's plan coverage in any way.

Members will receive a letter with the survey, providing clear instructions for completion. Recipients will have the option to complete the survey on the internet. It will take a member less than 20 minutes to complete the survey.

Medica is listening, too. This survey gives members the chance to tell us what they think about the services we provide at Medica. With this feedback, Medica can improve member experiences. Please help encourage survey participation.

[View sample mailing.](#) | [View sample survey.](#)



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4members February email newsletter

The *4members* email newsletter will be distributed next week. Active commercial members who have registered on mymedica.com will receive these emails.

4members is available via PDF for employers who would like to distribute the content. Encourage your employees to register on mymedica.com to receive this member publication.

[View the 4members February 2017 issue.](#)



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Medica CallLink® nurse line member mailing in February

Many Medica commercial members will be receiving a Medica CallLink nurse line postcard in the coming weeks. The postcard focuses on winter-friendly activities to encourage physical activity during the colder months. Registered nurses are available 24/7 to help answer questions. This postcard, focused on helping members stay “heart healthy,” can be viewed below.



[View Medica CallLink member mailing.](#)

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Member topic of the month: Find a network physician or facility

Every month we feature ready-made promotional materials for one of our member programs or resources. Print the flier or email it to your employees, whichever you prefer!

The topic this month is how to find a network physician or facility. Members can take all the guesswork out of finding a network doctor or other health care provider by using the online search tool on medica.com.

[View "Find a network physician or facility" member flier.](#)

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