



## EMPLOYER UPDATE

February 2018



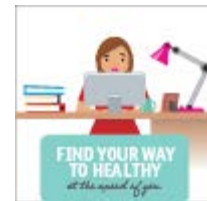
- » Start the New Year off right with My Health Rewards
- » A reminder mailing for members turning 18
- » *4members* February email newsletter
- » Member topic of the month: Find a network physician or facility

[FORMS](#) | [eSERVICES](#) | [MY HEALTH REWARDS BY MEDICA®](#) | [MEMBER MATERIALS](#)

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### Start the New Year off right with My Health Rewards

Help employees start the New Year on a healthy note. Encourage them to participate in My Health Rewards by Medica®. Whether employees want to stress less, quit smoking or eat more fruit and veggies, My Health Rewards makes it fun and rewarding. Employees earn up to \$100 in gift cards for completing personalized healthy activities.



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

[View My Health Rewards member campaign materials.](#)

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[Return to top](#)

### A reminder mailing for members turning 18

Starting in March, Medica will send greeting

cards to members that hit their milestone 18<sup>th</sup> birthday. In 2018, we're making it a priority to remind these members about the importance of transitioning from pediatric care to adult care.

Through this mailing, we hope to encourage members to develop a trusted relationship with a provider that can make appropriate treatment recommendations in the area of adult medicine. We can help them find a family practitioner, a general practitioner, internal medicine doctor and more.

At age 18, they can vote, sign a lease, serve on a jury and buy a lottery ticket. We hope they'll make their health care a priority too.

[View mailing.](#)



[Return to top](#)

### ***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 2018 issue.](#)



[Return to top](#)

### **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](http://medica.com).

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

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[Return to top](#)

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