

EMPLOYER UPDATES

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Medica EAP member mailing in July

Many Medica Commercial members will receive a Medica Employee Assistance Program (EAP) awareness postcard in mid-July. The postcard reminds members about the valuable resources the EAP offers, including finding childcare or eldercare or locating family counseling services. The postcard can be viewed below.

[View Medica EAP member mailing.](#)



Are you ready for flu season? Start planning for fall worksite flu vaccine clinics

As part of our commitment to help keep your employees healthy and productive, Medica is supporting a worksite flu vaccine programs this fall. An email about program participation, along with a flier and poster, will be sent to you in July to promote the importance of flu vaccines and to feature participating providers who are offering worksite flu vaccine clinics.

To participate, a coordinator should be designated to handle scheduling, promotion, pre-registration and same-day registration for the clinic. The coordinator should contact one of the participating vendors to schedule a worksite clinic.

If you have questions, email the Medica Service Center at medicaservicecenter@medica.com or call 952-992-2200 or 800-936-6880.

New Fit Choices by MedicaSM buy-up options for self-insured plans

Effective October 1, 2018, new and renewing self-insured employers can choose from two Fit Choices buy-up options for their plan. For each qualified health club membership, two members can earn up to a \$20 credit each month toward their health club dues when they each meet the monthly visit requirement (either 8 or 12 visits per month). Our previous options for one member

credit will no longer be available for purchase.

Please contact your Medica representative if you are interested in adding one of these options.

[View the Fit Choices flier for more details.](#)

Fresh farmers market savings are here!

Summer is in full swing and so are the savings at local farmers markets. Now through fall, participating markets will offer a voucher for one free tray of produce, up to \$3.00. The flier below includes preliminary participating locations and dates and can be shared to help with promotion of these savings.

[View farmers market savings poster.](#)

2018 Midwest Health Promotion Conference

Are you looking to recharge, connect and grow your culture of well-being? Mark your calendar for the 2018 Midwest Health Promotion Conference with this year's theme of "Purpose, Persistence, Passion." Medica is a sponsor of this event.

- Date: Monday, October 1, 2018
- Location: St. Paul RiverCentre, St. Paul, MN

[View conference schedule and register now.](#)

Register by August 19, 2018, for the best rates.

Member topic of the month: My Health Rewards by Medica®

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

The topic this month is My Health Rewards by Medica*, our member incentive program. This personalized program motivates employees to make better health decisions. You can use our promotional materials to raise awareness of the program and encourage your employees to participate.

[View promotional materials.](#)

* My Health Rewards is included with fully insured plans and is a standard offering for self-insured plans.



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