



Employer Update

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The Power of Community

Last year, under the leadership of our CEO John Naylor, Medica united around a new mission to be the trusted health plan of choice for customers, members, partners and our employees.

Medica is pleased to announce the release of our new annual report, highlighting our efforts under the theme “The Power of Community.” We share some inspiring stories of the organizations we serve through corporate contributions, employee generosity and impactful volunteering.

Please take a few minutes to review the report. If you feel so inclined, we invite you to share it within your network.

[View The Power of Community.](#)

Medica to update opioid prescription quantity limits

Starting July 1, 2018, the amount of opioid medication that Medica will cover for its Commercial large group members is changing. These new drug quantity limits are being put in place to help ensure safe and effective use of opioid medication for pain management. This new strategy also aligns with guidelines issued by the Centers for Disease Control and Prevention (CDC).

Beginning with July 1, 2018 dates of service, prior authorization will be required when initial quantities are more than 90 morphine milligram equivalents (MME) per day. These quantity limits will accumulate across all drugs of similar dose limitations. Limitations will not be set up for patients with cancer, a terminal condition or pain being managed through hospice or palliative care.

Examples of impacted opioid prescriptions include:

- Morphine (immediate-release and extended-release formulations including Kadian, MS Contin)
- Oxycodone (immediate-release and extended-release formulations including Xtampza, Oxycontin)
- Tramadol (immediate-release and extended-release formulations)
- Duragesic
- Methadone
- Hydromorphone
- Meperidine

- Codeine
- Oxycodone/acetaminophen
- Hydrocodone/acetaminophen

Members affected by these upcoming changes will receive a letter this month identifying which of their opioid prescription drugs have a new retail pharmacy limit. Those members are encouraged to work with their prescribers to appropriately adjust prescriptions to support the new limits.

Get ready for fresh farmers market savings

We are excited to announce the sixth year of the Farmers Market program with Healthy Savings! Medica members participating in the Healthy Savings program can receive up to \$3 off their produce purchase at participating farmers markets. Members can check the [Healthy Savings website](#) or mobile Healthy Savings app each week to see if their local market is on board.

Look out for more markets and information to come after the Fourth of July!

4members June email newsletter

Active commercial members who have registered on mymedica.com will receive the *4members* email newsletter next week.

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 June 2018 issue.](#)



Member topic of the month: Medica CallLink®

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 Medica CallLink®, which offers members immediate phone access to experienced advisors and nurses who can answer health questions and provide support 24 hours a day, 365 days a year.

[View the CallLink member flier.](#)



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