

 **EMPLOYER UPDATE**

News for employers

[FORMS](#) | [eSERVICES](#) | [WORKSITE WELLNESS RESOURCES](#) | [MEMBER MATERIALS](#)

Medica® Optum® Employee Assistance Program services

Are you familiar with all the services available from the Employee Assistance Program (EAP) for your organization and employees? The EAP is available 24/7 to assist members and employers with a variety of issues. For members, master's-level specialists can find answers and resources to help face life's challenges – whether it's personal, financial or legal concerns. For employers, the EAP can provide management consultation, training workshops and crisis response.

Share the following materials with your employees and encourage them to take advantage of this helpful resource when they need it.

[View member flier.](#)
[View member poster.](#)

View the [employer flier](#) to learn more about EAP services or explore available training at medica.com/EAPtraining.

EAP is provided by Medica® Optum®. EAP is optional for self-insured employers and integrated in fully insured plans.

Employer training opportunities in June

We have two free training sessions scheduled for employer groups in June.

Weaving Wellness Into Your Worksite Workshop

Learn how to make the healthy choice an easy choice, with simple nudges! You'll receive simple tools and resources to jumpstart your path to a sustainable well-being foundation and learn about a worksite well-being model that highlights four important areas:

- Well-being framework
- Annual well-being strategy and action plan
- Well-being engagement dashboard
- Thriving culture: behavior change science

Group Administrator Training

Group administrator training covers the basics of ongoing administration, including how to get started, how to add new employees, where to get your questions answered and more. A health and wellness expert will also share strategies and tools to engage your employees in healthier lifestyles and help them make the most of their Medica plan. You'll get an overview of how to administer your benefits online with Employer eServices® and have the opportunity to spend extra time with account management staff getting your questions answered.

Location	Date	Session
Minnetonka, MN	Monday, June 24	Weaving Wellness Into Your Worksite Workshop
Minnetonka, MN	Tuesday, June 25	Group Administrator Training

For more information or to register, please visit medicatraining.com

4members June email newsletter

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

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

[View the 4members June 2019 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.](#)

Medica CallLink is optional for self-insured employers and integrated in fully insured plans.

LET'S STAY CONNECTED! FOLLOW US ON SOCIAL MEDIA



This email was sent by: **Medica**
401 Carlson Pkwy Minnetonka, MN, 55305, USA
(The address above is not for mailing records or claims.)