

 **EMPLOYER UPDATE**

News for employers

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Medica ACOs: Improving care and managing costs

Medica developed its first Accountable Care Organization (ACO) in 2012 and today partners with 12 leading care systems across nine states. The Value of Accountable Care Organizations brochure was recently created to show the value that our ACOs offer providers, employer groups and members. In it, you'll learn how Medica and care system partners are improving health care quality, managing health care cost and enhancing the consumer experience.

Learn more about the value of Medica's ACOs.

Don't skip a beat with Medica's new *Health Plan Pulse*!

Medica has launched a page on LinkedIn just for brokers, employers and others who do business with us. We're calling it *Health Plan Pulse* and you can find it [here](#). The page focuses on topics that relate to working with Medica including new products and programs, events, legislative updates and other information about the health care industry. We hope to stimulate dialog with you on this page, so please don't hesitate to leave comments. You also can **follow the page** and receive our posts directly in your LinkedIn feed.



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

Reminder: 2019 HSA contribution limits

As a reminder, the Internal Revenue Service (IRS) increased the maximum single and family contribution limits to a health savings account (HSA) for 2019. The maximum single HSA contribution limit increased from \$3,450 to \$3,500 for 2019. The maximum family HSA contribution limit increased from \$6,850 to \$7,000 for 2019.

	2018	2019
Maximum annual HSA contribution amount (employer + employee)	\$3,450 (single) \$6,850 (family)	\$3,500 (single) \$7,000 (family)

Persons 55 and older can contribute an additional \$1,000.

Review your payroll reports to verify that your employees are set up to not exceed the 2019 contribution limits. Employees can work with you to adjust their payroll contribution amounts if needed.

[View the HSA member tip sheet.](#)

Member topic of the month: Out-of-network care

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 out-of-network care. See how much more it costs to visit providers outside a plan's network.

[View out-of-network care tip sheet.](#)

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This email was sent by: **Medica**

401 Carlson Pkwy Minnetonka, MN, 55305, USA

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