

 **EMPLOYER UPDATE**

News for employers

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

Medica Healthy Savings program adds Walmart to network and new program enhancements

Effective Jan. 1, 2020, Medica members with access to the Healthy Savings program can now save money on a variety of foods at Walmart stores nationwide. Walmart's network of stores includes approximately 4,750 locations throughout the U.S. In addition, an updated [Medica Healthy Savings website](#) and mobile app will be available to members in January. These tools have new search options for products and store locations, along with limited high value offers available at more than 50% off.

Members who live near a participating store and have not previously received a Healthy Savings card will receive a card within 4-6 weeks. Members who have not used their card in the last 90 days will receive a new card in the mail by early March.

Healthy Savings helps families save money each month on healthy foods. The Healthy Savings Program is offered at no additional cost to all self-insured and fully insured Commercial members living near a participating grocery retailer.

View the [Healthy Savings webpage](#) to learn more and share the [Healthy Savings member flier](#) with your employees to help them make healthy eating easier.

Upcoming employer learning opportunities

We have a variety of free learning sessions scheduled for employer groups in January and February at our headquarters in Minnetonka, MN.

My Health Rewards Learning Sessions

My Health Rewards by Medica® is now powered by Virgin Pulse, a pioneer in digital health and wellness solutions that help members build healthy habits and live their best life. In 2020, members have more ways to engage daily, including a new mobile app, new activities and opportunities to earn rewards. Learn more about the new program and get materials to promote the program to your employees.

Group Administrator Training

Group administrator training will walk you through plan administration, from how to get started to adding 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 also get an overview of how to administer your benefits online with Employer eServices®.

Weaving Wellness into Your Worksite Workshop

If you're thinking about designing a wellness strategy that meets the unique needs of your population or looking to enhance your existing wellness strategy, plan to attend one of our upcoming workshops. 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

Topic	Date/Location	Register
My Health Rewards Learning Session	Jan. 21 (10-11:30 a.m.) Minnetonka, MN	Register now
My Health Rewards Learning Session	Jan. 29 (1-2:30 p.m.) Minnetonka, MN	Register now
My Health Rewards Learning Session	Feb. 3 (1-2:30 p.m.) Minnetonka, MN	Register now
Group Administrator Training	Feb. 4 (9-11:30 a.m.) Minnetonka, MN	Register now
Weaving Wellness into Your Worksite Workshop	Feb. 6 (12:30-3:30 p.m.) Minnetonka, MN	Register now
Weaving Wellness into Your Worksite Workshop	Feb. 18 (9 a.m.-noon) Minnetonka, MN	Register now
Weaving Wellness into Your Worksite Workshop	Feb. 25 (9 a.m.-noon) Minnetonka, MN	Register now

2020 financial account contribution limits

The Internal Revenue Service (IRS) has set 2020 contribution limits for health savings accounts (HSAs), health reimbursement accounts (HRAs) and flexible spending accounts (FSAs).

Changes for 2020

- The maximum single HSA contribution limit increased from \$3,500 to \$3,550 for 2020.
- The maximum family HSA contribution limit increased from \$7,000 to \$7,100 for 2020.
- The maximum medical FSA contribution increased from \$2,700 to \$2,750 for 2020.

Financial account	2019	2020
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Maximum annual HSA contribution amount (employer + employee)	\$3,500 (single) \$7,000 (family)	\$3,550 (single) \$7,100 (family)
Maximum annual HRA contribution amount	No limits	No limits
Maximum annual FSA contribution amount	\$2,700 per calendar year (Medical) \$5,000 per calendar year (Dependent)	\$2,750 per calendar year (Medical) \$5,000 per calendar year (Dependent)

[View the HSA tip sheet.](#)
[View the HRA tip sheet.](#)
[View the FSA tip sheet.](#)

The IRS sets these amounts and adjusts them as needed for cost of living.

Medica Foundation awards \$1.8 million in 2019

The Medica Foundation is a nonprofit, charitable grant-making foundation and the charitable giving arm of Medica. The Foundation funds community-based initiatives and programs that support the needs of our customers and the greater community by improving their health and removing barriers to health care services. In 2019, the Foundation distributed \$1.8 million to the community through more than 130 grants, which were awarded to nonprofit organizations working to improve health. New last year was a \$400,000 investment across Nebraska to 21 nonprofit agencies.

[Learn more about the Medica Foundation.](#)

Member topic of the month: Employee Assistance Program

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

The topic this month is mymedica.com, a one-stop resource for all kinds of information to help Medica members manage their health plan benefits and improve their health. We find that members who actively use our site have far fewer questions for their employers about their health plan. Here are just a few of the tasks members can do at mymedica.com:

- Order extra ID cards
- Track claims
- Check to see if a doctor or other health care provider participates in their network
- See which drugs are covered by their plan
- Find out what's covered, including information on deductibles and out-of-pocket costs
- Chat with a nurse online
- Learn about and participate in health and wellness programs

[View mymedica.com flier.](#)

LET'S STAY CONNECTED! FOLLOW US ON SOCIAL MEDIA



Medica Health Plans, Medica Community Health Plan, Medica Insurance Company, Medica Self-Insured, MMSI, Inc. d/b/a Medica Health Plan Solutions, Medica Health Management, LLC and the Medica Foundation.

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