

 **EMPLOYER UPDATE**

News for employers

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Mental wellness resources for members

For many people, the stress, anxiety and uncertainty of COVID-19 has presented challenges with their mental health. Medica members have a number of resources available to help them with their mental wellness, including.

- **Medica Behavioral Health:** Includes services for mental health and substance abuse care. Medica Behavioral Health staff can help members get the right care confidentially when they need it, 24 hours a day.
- **Optum COVID-19 Public Wellness:** Optum has created a [website](#) with timely information about the coronavirus pandemic. View resources like webinars, mindfulness techniques for anxiety and more.
- **Amwell behavioral health services:** Members can connect with a health care provider from their computer or mobile device for most behavioral health concerns. Amwell's team of experienced therapists and psychiatrists provide care and counseling for a variety of conditions.
- **Medica® Optum® Employee Assistance Program (EAP):** The EAP provides access to a number of services at no cost, including: counseling sessions and help coping with stressful situations, work issues and mental and physical well-being concerns.

[View more information on mental wellness resources available to members.*](#)

Not all services listed on the mental wellness resources site are available to commercial members. Services available to commercial members are noted.

Upload enrollment forms securely on medica.com

You can now securely upload enrollment documents on medica.com. Only Medica's **Group Enrollment/Change/Cancellation Form** and Medica-approved enrollment spreadsheets are accepted through this method. You can request the form and enrollment spreadsheets through your Medica representative. We have four different enrollment spreadsheets available based on group size, if a group is new or has renewed.

Please contact your Medica representative if you have any questions.

Securely upload enrollment documents on medica.com.

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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