

 **EMPLOYER UPDATE**

News for employers

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

My Health Rewards by Medica® enhancements coming in 2021

Beginning Jan. 1, 2021, Medica is introducing enhancements to the My Health Rewards by Medica® program that will make it even easier for you to support your employees' well-being. The annual reward amount is increasing from \$100 to \$160 in 2021 for members enrolled in My Health Rewards Standard and Results.

In addition, Medica members will access new well-being resources on their My Health Rewards portal - both desktop and mobile app. These resources will support members in the areas of mental health, preventive care and healthy eating and increase their awareness of Medica wellness programs.

New resources available through My Health Rewards

- **Healthy Savings:** Members can learn how to save money and eat healthier with the Medica Healthy Savings program. Members will continue to use their Healthy Savings card or mobile app to access their weekly savings.
- **Sanvello Mental Health app:** This tool provides on-demand help for stress, depression and anxiety. Members can learn more and access the premium version of the app.
- **My Care Checklist:** Members can stay on top of their preventive care visits and screenings with My Care Checklist. They will receive preventive care recommendations based on their sex and age.

These enhancements will help encourage and motivate your employees to reach their wellness goals in 2021. Members will receive updated My Health Rewards materials in their 2021 welcome packets.

View the materials:

- [My Health Rewards *Standard* member user guide.](#)
- [My Health Rewards *Results* member user guide.](#)
- [My Health Rewards *Invest* member user guide.](#)

My Health Rewards is included with fully insured plans and is a standard offering for self-funded employers. My Health Rewards Results and Invest are buy-up options for employers with 51+ employees (fully and self-insured).

New behavioral health support app launching Jan. 1, 2021

Sanvello is a new mobile app for on-demand help with stress, anxiety and depression. Effective Jan. 1, 2021, all commercial members ages 13 and older will be able to access the premium version at no additional cost as part of their behavioral health benefits.

Sanvello uses clinically validated techniques such as cognitive behavioral therapy (CBT). Individuals can relieve symptoms and build life skills that can reduce potential high-cost interventions. The Sanvello app provides coping tools, daily mood tracking, guided journeys and weekly progress check-ins to stay engaged and manage symptoms.

The Sanvello app is available to download from the [App Store](#) or [Google Play](#). Members can upgrade to the premium version of Sanvello by providing their Medica health plan details. Contact your Medica representative for additional information about Sanvello.

A new login experience for MyMedica.com coming Nov. 13

On Nov. 13, 2020, Medica will update the login experience for [MyMedica.com](#). [MyMedica.com](#) is the one-stop resource for information members need to manage their health plan benefits.

After Nov. 13, members with an existing [MyMedica.com](#) account will be prompted to create their new HealthSafe ID[®] username and password when they log in to their account. HealthSafe ID is the updated, secure way for members to sign in to their MyMedica.com account. It lets members choose one username and password to access nearly all of their health benefits information. And if a member changes Medica plans in the future, they'll use the same HealthSafe ID to access their new plan information.

To create a new HealthSafe ID, members will:

- Log in to [MyMedica.com](#) using their existing username and password.
- After the prompt, create a new HealthSafe ID. Enter a username and password, email address and how they would like to confirm their identity (email, call, text).
- Confirm their identity by the method they choose (email, call, text).
- Continue to their account.
- Use their new HealthSafe ID to log in to their account going forward.

If members have questions about creating their HealthSafe ID, they can call Technical Support at **1-877-844-4999**, 24 hours a day, 7 days a week.

Key dates for January 2021 renewals

Many of our customers renew their health plan each Jan. 1, making fall a very busy time. Following the simple steps below can make the renewal process go more smoothly.

Step 1: Review your renewal information promptly, and contact your broker or Medica representative if you have any questions.

Step 2: Work with your account manager to determine if an enrollment presentation would benefit your employees. This open enrollment season, Medica will be supporting you and your employees in the following ways:

- PowerPoint slides
- Virtual meeting support through WebEx
- Member enrollment benefit guide
- Additional digital health and wellness resources

As always, the earlier you contact us, the easier it is to accommodate your electronic open enrollment requests.

As a friendly reminder, the Medica Service Center is an excellent resource when you have day-to-day questions about benefits, enrollment, claims and more. Call the Medica Service Center at 1 (952) 992-2200 or 1 (800) 936-6880.

Large and Small Group

Deadline to notify Medica of renewal decisions	Large group: Nov. 13 Small group: Nov. 7
Medica offices closed for holiday	Nov. 26-27
Last day to send Medica enrollment to ensure that benefit information is received by Jan. 1, 2021	Dec. 1
Medica offices closed for holiday	Dec. 25
Medica offices closed for holiday	Jan. 1

4members October email newsletter

Active commercial members who have registered on [MyMedica.com](https://www.mymedica.com) will receive the *4members* email newsletter next week.

4members is available via PDF for employers and brokers who would like to distribute the content. Encourage your employees to register on [MyMedica.com](https://www.mymedica.com) to receive this member publication.

View the *4members* October 2020 issue.

Member topic of the month: Medica ID card tip sheet

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 the Medica ID card tip sheet. Members can use this tip sheet as a resource for what health plan information is on their card and important tips for using their ID card.

View Medica ID card tip sheet.

LET'S STAY CONNECTED! FOLLOW US ON SOCIAL MEDIA



©2020 Medica. Medica® is a registered service mark of Medica Health Plans. "Medica" refers to the family of health services companies that includes 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.

This email was sent to: employer.comm@medica.com

This email was sent by: **Medica**

401 Carlson Pkwy Minnetonka, MN, 55305, USA

(The address above is not for mailing records or claims.)