



## NEWS FOR EMPLOYERS

[Forms](#) | [eServices](#) | [Worksite Wellness Resources](#) | [Member Materials](#)

### My Health Rewards by Medica<sup>®</sup> offers new tool to access healthy meals

We recognize that healthy meal planning can seem like a burden, but we also know that nutrition is important for overall well-being. We're excited to offer another tool to help support your employees' well-being. My Health Rewards by Medica members can now access a new member perk program, **Eat Fit Go**, and receive a 10% discount when purchasing their healthy vacuum-packed meals. Eat Fit Go delivers healthy, ready-to-eat meals straight to a home or office. Made with high-quality, allergy-friendly ingredients, the meals stay fresh for at least 10 days in the refrigerator.

Members can access Eat Fit Go from the *Benefits* page on the My Health Rewards website or app. They can click the *Start Now* button to automatically have the exclusive 10% discount applied to their order when checking out. Members can also use the code *VPEATS* to get their discount if they are accessing Eat Fit Go directly outside of My Health Rewards.

This program is included with My Health Rewards *Standard*, *Results* and *Invest*. Contact your Medica representative for more information.

*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).*

### Medica launches Kidney Care program

On April 1, 2021, Medica launched a new care management support program available to fully insured members with stage 4 or stage 5 chronic kidney disease (CKD) and end-stage renal disease (ESRD). The Medica Kidney Care Program, in partnership with Optum<sup>®</sup> Kidney Solutions, is offered at no cost to eligible members and provides them access to RN case managers, dietitians, social workers and other supportive services.

The intent in providing additional support to our members is to:

- Identify members who have undiagnosed CKD and connect them with a provider
- Collaborate and coordinate care with providers
- Slow disease progression, to allow members to live a longer, healthier life
- Decrease preventable emergency room visits and hospitalizations
- Educate and inform around the benefits of and options for dialysis and kidney transplant

Members who are eligible for the Medica Kidney Care Program will begin being contacted this month.

## Medica's ACO plans deliver better health, better care and lower costs

Through Accountable Care Organization (ACO) partnerships and placing greater emphasis on value in health care, Medica is helping deliver better health, better care and lower costs. Medica's ACO plan offerings continue to be a differentiator for Medica and a point of pride for their successful outcomes.

[View Medica's ACO value story.](#)

## 4members April email newsletter

The *4members* email newsletter will be distributed next week. Active commercial members who have registered on [MyMedica.com](#) will receive these emails.

Encourage your employees to register on [MyMedica.com](#) to receive this member publication.

## 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.](#)

### SOCIAL



© 2021 Medica.

This email was sent to: [michael.moberg@medica.com](mailto:michael.moberg@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.