

MEDICA.

*Take time to take care of you.*



## Medica CallLink® nurses are here for you, 24/7.

When life gets hectic, it's easy to ignore our health. We get behind on important screenings. Or we don't pay attention to what our bodies may be trying to tell us. Things like: I need more exercise. I don't feel that great. Could I please have a salad?

Take a few minutes for yourself and call Medica CallLink. Talk with a caring, registered nurse about your health. Backed by a team of doctors, our nurses can help with a host of issues:

- Explore ways to eat healthier
- Create a fitness plan that suits your busy life
- Find out if you can treat an ailment at home or if you should see a doctor
- Learn what health screenings you may need, and get help scheduling them

Medica CallLink is part of your benefits plan, so there's no extra cost to call. Get health answers for you and your family today.

**Medica CallLink®**  
**1-800-962-9497**

[mymedica.com](http://mymedica.com)



TTY callers, please call the National Relay Center at 1-800-855-2880 and ask for the number above.

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