



Healthy Holiday Eating

This can be a hard time of year to avoid packing on a few extra pounds with temptations lurking around every corner. Holiday parties at the office and get-togethers with friends and family tend to center around not-so-healthy foods and drinks. But you can keep your waistline in check and still have fun celebrating by trying these healthy tips:

- Eat a healthy meal or snack at home before you leave for holiday festivities
- Avoid snacking by not hanging out by the food and drink table
- Stay busy by talking to friends and family
- Limit alcohol and other sugary beverages that can lessen your willpower and make you feel hungry
- Bring a healthy dish to share, like fruits or vegetables
- Go for a walk with your family, friends or pets after eating

If you're going to splurge a little during the holidays, try to cut down on portion size or choose just one special treat. Sticking to your healthy habits is a great way to look and feel better year-round. Make sure you get plenty of sleep, make time for exercise, and plan out your meals as much as possible to avoid unhealthy habits this holiday season.

View the "[Holiday Healthy Eating Guide](#)" from the American Heart Association for more helpful tips and recipes to help you and your family celebrate the holidays in a healthy way.

Important Changes to Your Pharmacy Program

We're making important changes to your pharmacy program on **Jan. 1, 2017**. This change will help keep health care costs as low as possible, while continuing to make sure you have access to safe, affordable and effective prescriptions.

Below are four things you can do to prepare for this change:

1. Watch this [video](#) to learn more.
2. Watch for your new ID card in December and show it when you go to the pharmacy starting **Jan. 1, 2017**.
3. Download the free mobile app starting **Jan. 1, 2017**. (Learn more in this [PDF](#).)
4. Print a Prescriptions Report and Tax Report from [mymedica.com](#) if you need 2016 information for your records. Your 2016 pharmacy information will no longer be available after **Dec. 31, 2016**.

Your plan continues to cover a variety of prescription drugs and includes options for filling your prescriptions. To learn more, log on to [mymedica.com](#) and choose "Pharmacies & Prescriptions." Your 2016 information will be available through the end of the year and new pharmacy information will be available starting **Jan. 1, 2017**. If you have questions, please call Customer Service at the number on the back of your ID card.

Is Your Group Number Changing? Check Your ID Card

If your Medica group or policy number changes when you renew your coverage, you'll need to re-register on [mymedica.com](#) when your new plan starts. In most cases, you'll get a new group or policy number if you change plans. You'll find your group or policy number on your ID card. You can access some of your previous health plan information for up to 18 months after your coverage ends – just log in using your previous mymedica account information. If you would like to keep this year's health and wellness information, print out your results before the end of the year. This information will not carry over if your group or policy number changes during your new plan year. Also remember to provide your new ID card at your pharmacy or health club (if you participate in FitChoices®, Medica's health club reimbursement program).

If your group or policy number stays the same as the previous year, you don't need to re-register on [mymedica.com](#).

[Learn more about your new ID card](#) | [Learn how to register on mymedica.com](#)

Did You Know?

FSA Money – Use it or lose it

If you have a flexible spending account (FSA), don't forget to use those dollars before the deadline. For many people that's Dec. 31, but some employers allow their employees to carry over up to \$500 from one year to the next. Or they may allow employees to roll over their entire unused balance to pay for medical expenses incurred during the first 2½ months of the next plan year. Check with your employer to see whether they allow these options.

For a list of eligible FSA expenses, see IRS Publication 502 on [irs.gov](https://www.irs.gov).

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