



Preventive Care

What is preventive care? Preventive care can help keep you healthy by catching potential health issues early or preventing them. Things like a regular checkup, routine screenings and immunizations are examples of preventive care. It's a good idea to schedule a regular checkup yearly, or as often as recommended by your doctor.

Other examples of preventive care services include:

- Prenatal care
- Well-child visits
- Screenings for cancer – such as breast (mammogram), cervical (Pap smear), colon (colonoscopy)
- Screenings for blood pressure, cholesterol, sexually transmitted diseases and depression

When you visit a network provider, your plan covers preventive services at 100%. On the other hand, for most non-preventive services, you'll pay a share of the costs. Learn more about the difference between preventive and non-preventive care in the "[Preventive Care](#)" member tip sheet. See a [full list](#) of the preventive care services covered under the Affordable Care Act on the U.S. Department of Health & Human Services website.

If you have questions, call Customer Service at the number on the back of your Medica ID card.

Mental Health

It's important to understand mental health and recognize the early warning signs of someone living with mental health issues. Mental health affects how we think, feel and act. It also has an impact on how we deal with stress, relationships and decision-making. Many influences contribute to our mental health such as life experiences (trauma or abuse), biological factors (genes or brain chemistry) and a family history of mental health issues.

Early warning signs of someone experiencing mental health issues may include:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Experiencing severe mood swings that cause problems in relationships
- Being unable to perform daily tasks like taking care of your kids or getting to work or school

If you're experiencing mental health issues, please ask for help. Start by talking to your primary care doctor and they can help get you the care you need. Reach out to your family and friends for support. Learn more about mental health conditions and treatment options. The [National Alliance on Mental Health](#) is a great place to start. Many people struggling with mental health issues can get better. The first step is getting the help you need.

For information about how your plan covers mental health services, call Customer Service at the number on the back of your Medica ID card.

Health Plan Lingo

Terms like copayments, deductibles and coinsurance can be confusing. And trying to understand ways to save on taxes with a health care account like a health savings account (HSA) or flexible spending account (FSA) can also be tricky. The good news is we're here to help.

You can find answers to your questions about your health plan, health care accounts and benefits with a variety of member tip sheets and videos available online at medica.com/membertips.

Did You Know?

Our online provider search tool recently got an upgrade. You shared feedback about the usability of our website and we listened. The redesigned tool makes it easier to find providers in your plan's network. To learn more, see the "[How to Find a Network Doctor or Other Provider](#)" user guide.

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The Good Doctor by Medica®

Check out “[The Good Doctor by Medica](#)” to get expert information and advice about your health and safety from Dr. J. Kevin Croston, M.D., Chief Executive Officer for North Memorial Health Care. Have a health question or concern? Submit your question online in the “Ask the Doc” section and it could be the next featured health topic.

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