



Feature Story

Gearing Up For a Healthy Holiday Season

For many, the holidays are a time of celebration and spending quality time with loved ones. It can also be a time of stress, overeating and overspending. Keep your sanity in check, as well as your waistline and checkbook, with these five healthy holiday tips.

[Learn more about how to be healthy during the holidays.](#)





This Month's Articles

Having Trouble Hearing? You'll Like the Sound of This!

Hearing loss is one of today's top health conditions, affecting nearly 48 million Americans. The good news? Many people with the most common type of hearing loss (called [sensorineural hearing loss](#)) can be helped with hearing aids, according to the Better Hearing Institute.

[Find out about hearing aid discounts and more with Amplifon.](#)

Changing Plans Next Year?

If your Medica group or policy number changes when you renew your coverage, you'll need to re-register on [mymedica.com](#) once your new plan starts.

[Learn about what to do if your group or policy number changes.](#)



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.



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