



## Now Available

### The New Healthy Savings Mobile App



## Healthy Savings Mobile App Now Available

Are you trying to eat healthier and save money? The Medica Healthy Savings program makes it easy.\* Each Sunday, your Healthy Savings card is automatically loaded with up to \$50 in new potential savings on healthy foods. Just scan your card at participating stores like Cub Foods, Lunds & Byerlys and Hornbacher's during checkout and save instantly.

During the summer months, you can even save on healthy produce at participating farmers markets. Choose to have weekly savings emailed, or view them on the Healthy Savings website—including your smartphone. Healthy Savings is available to members who live near participating stores.

Healthy Savings now has a mobile app available! Download it from the [App Store](#) or [Google Play](#). App features include:

- Customized messages
- Intelligent list options
- Mobile barcode
- Push notifications and more

Learn more at [medicahealthysavings.com](http://medicahealthysavings.com) or call Customer Service at the number on the back of your Medica ID card.

\* Medica members who live near participating stores are automatically enrolled in the program and receive a Healthy Savings member card.

## Preventive Care

What is preventive care? Preventive care can help keep you and your loved ones healthy by catching potential health issues early or preventing them. A regular checkup, routine screenings and immunizations\* are examples of preventive care. Remember to schedule a regular checkup yearly, or as often as recommended by your doctor. Getting your recommended preventive services and making healthy choices are important steps to good health and well-being.

Other examples of preventive 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 the preventive services you receive during that visit at 100%. On the other hand, for 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 HealthCare.gov website.

\*As a result of the measles outbreak in certain Minnesota counties (Hennepin, Ramsey, Crow Wing and Le Sueur), the Minnesota Department of Health has issued an updated vaccination recommendation. Your health plan will cover early doses of the vaccination, if appropriate. Learn more about measles on the Minnesota Department of Health [website](#).

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

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## It's Time to Quit

Making the decision to stop smoking isn't an easy one. Everyone has a different reason for why they want to quit. Establishing your "why" and making a quit plan can help you be successful from the start. When you're ready to quit, here are a few simple things you can do to prepare, courtesy of the [Centers for Disease Control and Prevention](#):

1. Pick a date – the sooner the better (typically within two weeks) and circle it on your calendar or set a reminder on your smartphone.
2. Get support from loved ones – tell friends and family your date so they can help give you the support you need to be successful.
3. Remove reminders and obstacles – get rid of your cigarettes, matches/lighters and ashtrays. Cleaning and removing the smell from where you used to smoke can also help reduce cravings.
4. Know your triggers – make a list of everything that makes you want to smoke. Next to each trigger, note how to deal with or avoid it.
5. Celebrate milestones – take your success in small steps and reward yourself throughout your quit journey.

Once you quit smoking, the benefits to your mind and body are huge. Here are just a few to keep you motivated:

1. Quitting never tasted better – your taste buds kick back in a few days after you quit smoking. Enjoy some healthy treats!
2. Feel better – you'll be able to breathe easier (and so will your loved ones) plus you'll enjoy many other health benefits like stronger bones and a lower risk for cancer and heart disease.
3. More energy and less stress – the increase of oxygen in your body will give you energy and allow you to be more active, which can decrease your stress levels.

Your Medica health plan may include benefits that can help you quit smoking. To learn more, call Customer Service at the number on the back of your Medica ID card.

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## Did You Know?

When you travel outside the Medica service area\* you can get network coverage by visiting a provider in the Travel Program Network. (Passport members can receive network coverage by seeing a provider in their plan's nationwide network.) If you have children attending college outside the service area, they can use this network, too.

Receiving care from a Travel Network provider is just like getting care within the Medica service area. When you visit a provider, simply show your member ID card. If you have a deductible, copayment or coinsurance, it will apply. Travel Network providers will file claims for you, so you won't have any additional paperwork.

To find a Travel Network provider, clinic or hospital, visit [medica.com/findadoctor](https://medica.com/findadoctor) and select Travel Program Network. If you have questions, call Customer Service at the number on the back of your ID card.

*\*The Medica service area includes Minnesota, North Dakota, South Dakota and western Wisconsin.*

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The information presented in 4members is not medical advice and is not specific to your plan. Please contact your healthcare provider with questions related to your health. For questions about your benefits and coverage, see your coverage document on [mymedica.com](https://mymedica.com). If the information in 4members conflicts with your plan document, your plan document is always correct.

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