



Feature Story

Understanding Your Explanation of Benefits

After you visit a provider for care, you'll receive a document from Medica called an "Explanation of Benefits" (EOB). This document shows how your plan covered the medical services you received. While it also shows your share of the costs, it isn't a bill.

[Learn more about why you might get more than one EOB.](#)





This Month's Articles

Breast Cancer Screening

In honor of Breast Cancer Awareness month, this is a friendly reminder to check with your doctor to see if you need a mammogram.

[Find out more about when to schedule a mammogram.](#)

Diabetes: What You Should Know

As many as one in three Americans will have diabetes by the year 2050 if current trends continue. That's triple the number of people with diabetes today.

[Learn about signs and symptoms and healthy ways to prevent diabetes.](#)



Did you know?

When you receive care, you and your health plan usually each pay some of the cost. This is called cost sharing. Deductibles, coinsurance and copayments are all examples of cost sharing and describe an amount that may apply when you receive care. To better understand these terms, check out the [Deductibles, copayments and coinsurance member tip sheet](#). If you still have questions, call Customer Service at the number on the back of your ID card. We're here to help!

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