



Feature Story

Where to Go for Care

You have options when it comes to where to go for medical care. From an office visit to virtual care visit, or a trip to urgent care or the emergency room (ER), it can be confusing to know where to go when you or a loved one is sick or injured.

[Learn more about how to save time and money when getting care.](#)



This Month's Articles

Dangers of Excessive Drinking

In honor of Alcohol Awareness Month, we're sharing some eye-opening information to help spread the word about the dangers of drinking too much. In American culture, drinking alcohol can be glorified and perceived as normal for several reasons.

[Find out how drinking too much can impact your health.](#)

Healthy Savings: Shop, Scan & Save

Want 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 savings on healthy foods.

[Learn about the Healthy Savings app.](#)



Did you know?

2018 HSA Family Contribution Limit Change

If your current plan includes a health savings account (HSA), this information will be helpful to know. The Internal Revenue Services (IRS) recently announced that the previously released maximum family contribution limit to a health savings account (HSA) has been reduced from \$6,900 to \$6,850 for 2018. There is no change to the individual contribution limit.

If you are making regular contributions to your HSA, review your contribution amounts to make sure the total amount does not exceed \$6,850 for 2018 and change your contribution amount if needed. Any amount you contribute over \$6,850 will be an Excess Contribution and you will have to count the extra amount as taxable income.

See the [HSA member tip sheet](#) for more information.

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[Medica's non-discrimination policy »](#)

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