

Back-to-School Immunizations Reminder

As the summer begins to wind down, it's a great time to check your back-to-school checklist. One important thing that should be at the top of the list is making sure your children (including preteens and teens) are up-to-date with their immunizations. Be sure to ask your child's doctor which vaccines are necessary.



[Learn more](#)

Best Ways to Manage Stress

We all have some level of stress in our lives – whether it's at work, at home or on the road. Sometimes we have too much work to do, feel overwhelmed with family obligations or get stuck in traffic on a daily basis.

[Learn how to reduce stress and more.](#)





Know Your Health Numbers

Do you know your health numbers? It could save your life. Getting to know your blood pressure, cholesterol, blood sugar and BMI (body mass index) numbers are important.

See what the ideal health numbers are for adults.



Did You Know?

After you visit a provider for care, you'll receive a document from Medica called an "Explanation of Benefits" (EOB). The EOB describes how your plan covered the services you received. While it also shows your share of the cost, it's not a bill. If you owe money, your provider will bill you separately.

To find out more, see the "[Understanding Your Explanation of Benefits](#)" tip sheet. If you need help understanding your EOB, call Customer Service at the number on the back of your Medica ID card.

We're here to help

Call or email, whichever works best for you.



Call us at

800-952-3455 (TTY:711)



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