

## Managing Holiday Stress

The holidays can be a busy and stressful time of year. From holiday parties to gift buying and everything in between. It can be stressful just trying to figure out when you're going to get it all done. Take a deep breath, relax and check out these helpful tips from **Mayo Clinic** to help you manage your stress this holiday season.



[Learn more](#)

## Changing Plans in 2019?

If your Medica group or policy number changes when you renew your coverage, you will need to re-register on **mymedica.com** once your new plan starts. In most cases, you will get a new group or policy number if you change plans. Not sure if your group or policy number is changing? Just compare the numbers on your current ID card with your new ID card.



Learn more about what to do if your group or policy number changes.



## Medica Foundation's Annual Giving Report

The **Medica Foundation** recently released its annual community report featuring details about grant investments and the outstanding work of organizations who received funding this year. The Foundation distributed \$1.2 million to the community through nearly 90 grants awarded to nonprofit organizations working to improve health.

**Find out more about the outstanding programs and the importance of community giving.**



### 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](https://www.irs.gov).

#### We're here to help

Call or email, whichever works best for you.



Call us at

800-952-3455 (TTY:711)



[Send us a secure email](#)



©2018 Medica. Medica® is a registered service mark of Medica Health Plans. "Medica" refers to the family of health services companies that includes Medica Health Plans, Medica Health Plans of Wisconsin, Medica Insurance Company, Medica Self-Insured, MMSI, Inc. d/b/a Medica Health Plan Solutions, Medica Health Management, LLC and the Medica Foundation.

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

This email was sent by: **Medica**  
401 Carlson Pkwy Minnetonka, MN, 55305, USA

**Information in Other Languages**

If you want free help translating this information, call the number included in this email or on the back of your Medica ID card. [Other languages](#)

**Nondiscrimination / Accessibility**

Medica complies with applicable Federal civil rights laws and will not discriminate against any person on the basis of race, color, national origin, age, disability or sex. [Read more](#)