



Feature Story

New Ways to Manage Your Prescriptions

We've made important changes as of **Jan. 1, 2018** to help you get the most out of your pharmacy benefits and give you options for filling your prescriptions.

[Learn more about what's new with pharmacy.](#)



This Month's Articles

Get a Good Night's Sleep – Your Heart Will Thank You

If you're not catching enough Z's, you may be putting your heart at risk, according to the [American Heart Association](#). This is eye-opening considering one in three adults in the U.S. is not getting enough sleep. Common sleep issues like sleep apnea and insomnia can influence your risk for obesity, Type 2 diabetes, high blood pressure, stroke and cardiovascular disease.

[Find out more about why sleep is so important, including tips for a better night's sleep.](#)

Your Opinion Matters

Interested in helping us improve your experience as a Medica member? You may receive a survey in the mail in the coming weeks asking for your feedback. This survey is part of a national project by the [National Committee for Quality Assurance \(NCQA\)](#), a non-profit group that helps to improve your health care experience.

[Learn more about what to do if you receive a survey.](#)



Did you know?

You can get care from the comfort of your home, work or wherever you are with virtual care. Virtual care visits, also known as online care or e-visits, are a convenient way to get care for common conditions including allergies, bladder infections, flu, sinus infections and pink eye. Connect with a provider from your computer or mobile device to get a diagnosis, treatment plan and prescription (if needed). Visits are often available after clinic hours, sometimes even 24/7.

You can access virtual care through providers in your plan's network. You can check with your clinic to find out if they provide options for getting care online. Other virtual care options available to you may include Amwell and

virtuwell. Go to medica.com/findadoctor, select your plan and click on *Virtual Care Providers* to find more information.



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