

Take Steps to Better Health

How can you take steps to better health? Preventive care is a great way. It helps keep you and your family healthy by catching potential health issues early or preventing them all together. Things like a regular checkup, routine screenings and immunizations are good examples of preventive care.

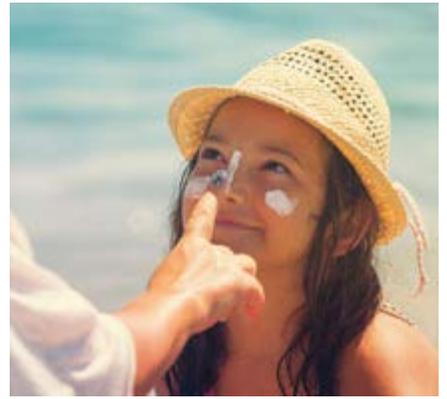


[Learn more](#)

Playing it Safe in the Sun

Summer is finally here! Many people can't wait to get outside and soak up the sun. Just remember to play it safe in the sun and protect yourself and your family from too much exposure to ultraviolet (UV) rays—the biggest risk factor for skin cancer.

[Find out how to best protect your skin in the sun.](#)



Eating Smart

Your food choices make a big impact on your health both mentally and physically. Changing the way you eat could change your life. And it might be easier than you think. Begin by taking small steps each week so you can ease into it and set yourself up for success.

[Learn more about healthy eating tips for you and your family.](#)

The Power of Community

Last year, under the leadership of our CEO John Naylor, Medica united around a new mission to be the trusted health plan of choice for customers, members, partners and our employees.

[Check out some inspiring stories about making a difference in our community.](#)



Did You Know?

2018 HSA Family Contribution Limit Change Update

Do you have a health savings account (HSA)? In the April issue, we shared that the maximum family contribution limit to a HSA was changing from \$6,900 to \$6,850 for 2018. On April 27, the Internal Revenue Service (IRS) announced the reversal of that change, allowing the \$6,900 limit to remain in effect for 2018. The individual contribution amount remains at \$3,450.

If you are making regular contributions to an HSA, please review your contribution amounts and make any necessary updates. See the [HSA member tip sheet](#) for more information.

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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