

## Cancer Screenings: Reduce Your Risk

October is Breast Cancer Awareness Month and a great reminder for women (and men) to get screenings for a variety of cancers. These include breast, cervical, colorectal (colon) and lung for some people who may be at a higher risk.



[Learn more](#)

## Eye Health and Why it's Important

Never take your eyes for granted. Getting a **regular eye exam** is priority number one. Your eye health is important to your overall happiness and well-being. Your eyes are incredible things and need to be treated with care, especially as you grow older.

**Find out how to keep your eyes in tip-top shape.**





## My Health Rewards by Medica®

Taking steps to improve your health might be easier than you think. My Health Rewards is a powerful and engaging well-being experience that delivers something for everyone.

**Learn how to get rewarded for healthier habits.**



### Did You Know?

There's a search tool online that can help you find a doctor or other health care provider close to home or work. To get started, go to [medica.com/findadoctor](https://www.medicaplans.com/findadoctor) and select your plan. For tips on using the tool, see the "[How to Find a Network Doctor or Other Provider](#)" user guide. Remember, you receive the highest level of benefits when you see providers in your plan's network.

#### 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](#)



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