

Shop, Scan & Save

Want to eat healthier and save money? The Medica Healthy Savings program makes it easy. Each week, your Healthy Savings card and app are automatically loaded with new savings on healthy foods like fruits, vegetables and proteins.



[Learn more](#)

Time to Quit

It's never too late to quit smoking. People have different reasons for why they want to quit. Better health is usually at the top of the list. As soon as you quit, your body starts to repair the damage caused by smoking.

[See more health benefits for when you quit.](#)





Make Your Smile Count

One of the key things you can do for a healthy smile is to visit your dentist for regular checkups and cleanings. Your dentist helps to keep your smile in the best shape and can watch for any other health issues. It's also important for kids to see their dentist on a regular basis, too.

[Learn more about how to keep your smile healthy.](#)



Did You Know?

Mymedica.com is your one-stop resource for all kinds of information to help you manage your health plan benefits and improve your health. If you haven't checked it out, now is the time! On mymedica.com you can order ID cards, track your claims, learn about health and wellness programs, find out what's covered by your plan and much more. After registering on mymedica.com, smartphone users can access a mobile version of the site. If you have questions, 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)



[Send us a secure email](#)

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correct.

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