

Back-to-School Immunizations Reminder

As you start to cross items off your family's back-to-school checklist, please don't forget about immunizations. Check with your child's doctor to see which vaccines are necessary for your child's age group – including preteens and teens.



[Learn more](#)

Getting a Good Night's Sleep

What's the magic number when it comes to how much sleep you need each night? Experts say we should aim for at least seven or eight hours in order to thrive the next day. Sleep allows us to recharge our brains and bodies.

[See why lack of sleep can be bad for your health.](#)





Diabetes and Your Health

Diabetes is a chronic health condition that affects more than 30 million adults in the U.S. In addition, one in four people don't even know they have it, according to the **Centers for Disease Control and Prevention** (CDC).

Learn more about the different types of diabetes.



Did You Know?

Healthy Savings: New & Improved!

Starting this fall – the Medica Healthy Savings program* will be adding retail locations to make shopping for healthier products even more convenient. Plus, the Healthy Savings website and mobile app will be streamlined to make your shopping experience faster and easier. Later this year, you'll begin enjoying expanded savings on more healthy foods, along with over-the-counter self-medications, baby care and household cleaning products. Learn more at medicahealthysavings.com or call Customer Service at the number on the back of your Medica ID card.

**Members with a Medica health plan through their employer and who live near participating stores are automatically enrolled in the program and receive a Healthy Savings member 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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