

Mindfulness and Holiday Stress

Mindfulness is the ability to be fully present, aware of where you are and what you're doing, without being overly reactive or overwhelmed with what's going on around you. Practicing mindfulness doesn't have to be hard. You just need to remember to do it, especially during the holiday season. It's easy to get wrapped up in the stress of the holidays and not take time for ourselves.



[Learn more](#)

2020 Medica ID Cards – Coming Soon

Check your mailbox for your new Medica ID card. All members with pharmacy benefits through Medica will get a new ID card for 2020. As a friendly reminder, we're transitioning to Express Scripts® on **Jan. 1, 2020** to manage your pharmacy benefits.



Learn more about what to do if your group or policy number changes.



My Health Rewards by Medica®

My Health Rewards by Medica® is a health and wellness program that rewards you for healthy behaviors.

Exciting changes to the program are coming on **Jan. 1, 2020!** You'll have all the tools you need to get active, get healthy and live better every day, including a mobile app and new ways to earn rewards.

Find out what you need to do before the end of the year to get the most out of your My Health Rewards.

The Power of Community – Medica's Year in Review

Earlier this year, we released the annual "Power of Community" report highlighting our commitment to social responsibility and employee engagement. "We have a deep commitment to our employees, many choosing to work at Medica because they want to work for a company that values corporate citizenship," said Christine Finn, Vice President of Marketing and Communications and executive sponsor of Medica's volunteer program.



Learn more about how Medica is giving back to our community and supporting critical health needs.



Did You Know?

FSA Money – Use it or lose it

If you have a flexible spending account (FSA), remember to use those dollars before the deadline. For many people that's **Dec. 31**, but some employers allow their employees to carry over up to \$500 from one year to the next. Or they may allow employees to roll over their entire unused balance to pay for medical expenses incurred during the first 2½ months of the next plan year.

Check with your employer to see whether they allow these options.

For a list of eligible FSA expenses, see [IRS Publication 502](#).

What health or health plan related topics would you like to see in the 4members newsletter in 2020? Please send suggestions to Medica4Me@medica.com.



Call us at
800-952-3455 (TTY:711)



[Send us a secure email](#)

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