

Where to Go for Care

You have many choices when it comes to where you can go for care. From an office visit to a **virtual care** visit, or a trip to urgent care or the emergency room (ER), it can be confusing to know where to go when you (or a loved one) are sick or injured. In most cases, you should see your primary care doctor first, but sometimes that's not always possible.



[Learn more](#)

Heart Health

If your New Year's resolution is to exercise more, eat healthier or lose weight, your heart will thank you. Getting healthy or maintaining a healthy lifestyle is important to your overall well-being, including your heart health. According to the American Heart Association, heart disease remains the number one cause of death in the U.S.



Find out tips on how to live a heart-healthy life.



ADHD: What You Need to Know

ADHD (or attention deficit hyperactivity disorder) is a condition typically first diagnosed in childhood and can last into adulthood, according to the **Centers for Disease Control and Prevention (CDC)**. Children with ADHD have trouble paying attention, controlling impulsive behaviors or can be overly active. It can be normal for children to have trouble behaving and focusing from time to time, but children with ADHD do not just grow out of these behaviors.

[Learn more about ADHD signs and symptoms.](#)

Your Opinion Matters

Interested in helping us improve your experience as a Medica member? You may receive a survey in the mail in the coming weeks asking for your feedback. This survey is part of a national project by the **National Committee for Quality Assurance (NCQA)**, a non-profit group that helps to improve your health care experience.



[Learn more about what to do if you receive a survey.](#)



Did You Know?

You pay less out of your own pocket when you get care from providers in your plan's network. We negotiate with these providers so you receive health care services at a discounted rate, saving you money. See the **Out-of-Network** tip sheet to see how much more it costs you to visit providers outside your network. To find network providers, go to medica.com/members and click on your Medica plan name.

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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The information presented in 4members is not medical advice and is not specific to your plan. Please contact your health care provider with questions related to your health. For questions about your benefits and coverage, see your coverage document on mymedica.com. If the information in 4members conflicts with your coverage document, your coverage document is always correct.

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