

## Why Preventive Care Matters

Preventive care helps keep you and your family healthy by catching a potential health issue early or preventing it altogether. Things like a regular checkup, routine screenings and immunizations are examples of preventive care. Getting your recommended preventive services and making healthy choices are important steps to your overall health and well-being.



[Learn more](#)

### Cutting Down on Sugar

Keeping track of how much sugar you're eating is a great way to be healthy, especially if you have diabetes or are pre-diabetic. It can be overwhelming at first since sugar is in many of the foods we eat and drink every day.

[See helpful tips on how to cut down on sugar.](#)





## Screen Time and Your Health

Do you ever feel guilty about how much time you're spending on your phone or binge watching your favorite TV show? According to a recent Nielson survey, adults spend nearly 11 hours a day on media devices. Kids and teens are spending 6-9 hours a day on devices (not including time spent in school or doing homework).

**Take the summer challenge to be more active.**



## Did You Know?

If you're away from home and get sick or hurt, we've got you covered! When you travel outside the Medica service area\* you can get network coverage by visiting a provider in the Travel Program Network. This nationwide network is one of the largest in the country. If you have children attending college outside the service area, they can use this network, too.

To find a Travel Network provider, clinic or hospital, visit [medica.com/findadoctor](https://medica.com/findadoctor) and select Travel Program Network. You can search by name, specialty and more! If you have questions, call Customer Service at the number on the back of your Medica ID card.

*\*The Medica service area includes Minnesota, North Dakota, South Dakota and western Wisconsin.*

### 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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