

HEALTHY LIVING WITH MEDICA

ENROLLED IN INDIVIDUAL & FAMILY PLANS



KEEP YOUR HEALTH ON TRACK EACH AND EVERY DAY

The Healthy Living with Medica program* provides you with the resources and tools to help you improve your health — plus a community of others to support you along the way. Start setting and reaching your health goals today with these programs and features, available at no cost to you.

Evaluate & Make a Plan



Health Assessment

Start by taking a health assessment. It only takes a few minutes to complete and you'll have an instant detailed report on your health. The assessment can help:

- » Identify certain risk factors.
- » Prevent health problems before they occur.
- » Provide helpful tips for healthy living.



Health Action Plans

First, set health goals based on what you want to achieve. Then, we'll recommend actions you should complete to reach those goals. This includes tips on wellness, reminders about screenings and suggestions on ways you can improve your health right now.

Information & Resources



Health Decision Support Videos

Access over 300 videos that will help guide you to the right decision for your situation. Topics range from *Acute Low Back Pain* and *Joint Replacements* to *What to Expect in the Hospital*.



Library

Health information gathered and organized in one location. From looking up symptoms to finding healthy recipes, you can browse a variety of relevant up-to-date topics in the library.

Coaching & Support



Online Coaching

Get digital coaching for fun, new ways to improve your health on over 200 topics. An interactive "chatbot" can help you focus on goals like being more active, managing your weight and eating better using:

- » Fun games, quizzes and videos
- » Small bites of helpful information
- » Group coaching classes



Social Communities

Join online groups and share tips with other people - because sometimes it helps to talk to people who truly "get it." The Social Communities let you connect with other people who have the same health challenges you do. It's a place to discuss topics like depression, cancer, diabetes and more.

READY TO GET STARTED?

There are two easy ways to engage:

1. Log into your secure member site at **MedicaMember.com** and choose *Healthy Living with Medica* to access these programs and more.
2. Download the ActiveHealth app from the Apple App Store or get it on Google Play.



Have a question?

Call Customer Service at the number on the back of your Medica ID card.

MEDICA®

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This information provided by ActiveHealth Management's health and wellness programs is general in nature. It's not meant to replace the advice or care you should get from your doctor or other health care professional. If you have specific needs or would like more complete health information, you should see your doctor or other health care provider.

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