



NEWS FOR EMPLOYERS

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Medica announces a new strategic relationship with SSM Health

Medica recently announced our new strategic relationship with SSM Health. Under the arrangement, Medica is investing in Dean Health Plan, currently a wholly owned subsidiary of SSM Health. Medica and Dean Health Plan, both mission-driven health plans, have significant similarities in our histories, operations, cultures and deep community commitment.

Together, we have an even greater opportunity to support the health care needs of members and patients, and to further enhance our provider relationships.

View the [press release](#) for more information.

My Health Rewards by Medica new rewards opportunity for 2022

My Health Rewards by Medica[®] motivates and rewards employees when they establish and maintain healthy goals. Beginning Jan. 1, 2022, employees can earn an additional \$5 reward per month (up to \$60 per year) when they meet steps and activity tracking goals. This additional reward does not apply to My Health Rewards *Invest* members.

To earn the \$5 reward, employees need to track any combination of the following activities for 20 days in a calendar month:

- 7,000 steps a day
- 15 active minutes a day
- 15 workout minutes a day

They must connect their fitness tracker to their My Health Rewards account. Manual tracking of steps and active/workout minutes will not count toward earning the monthly reward.

In 2022, employees can earn up to \$220 in rewards annually through our points-based program plus this new earning opportunity. Rewards can be redeemed for e-gift cards, donations to a cause or charity, and for purchasing health and fitness products.

Watch for communication materials to help you promote this opportunity with employees.

My Health Rewards is included with fully insured plans and is a standard offering for self-funded employers. My Health Rewards Results and Invest are buy-up options for employers with 51+ employees (fully and self-insured).

2021 Midwest Health Promotion Conference

Are you looking to connect with like-minded people passionate about employee health and well-being? Mark your calendar for the 2021 Midwest Health Promotion Conference, held in-person and virtually this year. Medica is a sponsor of the event.

Learn how to invest in a well-being culture amid the impacts of stress, burnout, hybrid work environment, and more. Recharge your passion by sharing ideas, discovering solutions and learning new ways to grow your well-being offerings.

Date: Wednesday, October 13, 2021

Location: St. Paul RiverCentre, St. Paul, MN

View conference schedule and register now.

Register by October 11, 2021 for the best rates.

Acceptable methods for sending enrollment forms to Medica

As a reminder, to ensure member privacy, Medica does not accept enrollment forms with protected health information (PHI) by email. Please use one of the following secure methods for sending completed enrollment forms.

Secure upload on Medica.com

Enrollment documents can be securely uploaded on Medica.com [here](#).

Please note: Only Medica's Group **Enrollment/Change/Cancellation Form** and Medica approved enrollment spreadsheets (which can be requested through your Medica representative) are accepted through this method.

Employer eServices

Our online administration tool is quick, easy to use and tracks all enrollment activity. To register for Employer eServices, please contact your Medica representative or the Medica Service Center at **1 (952) 992-2200**.

Fax

Our fax line is secure and goes directly to our enrollment center. Always keep a copy of your fax confirmation. Fax enrollment forms to: **1 (248) 733-6064**.

Electronic enrollment

Medica can accept a standard electronic file format through a secure file transfer for groups with 75 or more enrolled employees. If you are interested in this option, please contact your Medica representative.

Mail

Paper enrollment forms can be mailed directly to our enrollment center.

Mail enrollment forms to:

Medica

P.O. Box 20986

Salt Lake City, UT 84103-0986

Member topic of the month: Employee Assistance Program

Every month we feature ready-made promotional material for members. Print the flier or email it to your employees, whichever you prefer!

The topic this month is the Medica Optum[®] Employee Assistance Program (EAP)*. If your customers have employees

who need advice on legal or financial concerns, are dealing with family problems or need help with the winter blues, EAP can help!

[View EAP member flier.](#)

**EAP is included with fully insured plans and available for purchase by self-insured groups.*

SOCIAL



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