



## NEWS FOR EMPLOYERS

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### Omada offers personalized support to help reduce the risk of Type 2 diabetes and heart disease

Conditions like hypertension, prediabetes, and high cholesterol impact nearly half of all American adults. With Omada®, at-risk adult members can get the help they need to proactively manage their health and work toward positive outcomes. The Omada for Prevention program is designed to help participants lose weight, make healthy lifestyle changes, and reduce their risk for Type 2 diabetes and heart disease.

Omada for Prevention is a standard offering for large, fully insured and maximum liability plans and is a buy-up option for self-insured groups. The program is available at no additional cost to members and their adult dependents at risk for Type 2 diabetes or heart disease.

For large, fully insured and maximum liability groups, materials are available to share with your employees. Visit the [2022 Worksite Wellness Toolkit](#) (click on the May topic) or share the flier linked below. Self-insured groups that offer Omada should work directly with their Medica or Omada representative for materials.

[Omada for Prevention member flier – large, fully insured and maximum liability groups.](#)

### Learn how to administer your plan through group administrator training

Group administrator training will walk you through plan administration, from how to get started to adding new employees, where to get your questions answered, and more. A health and wellness expert will also share strategies and tools to engage your employees in healthier lifestyles and help them make the most of their Medica plan. You'll also get an overview of how to administer your benefits online with Employer eServices®.

Topic	Date/Location	Register
Group Administrator Training	June 9 (9-10:30 a.m.) WebEx	<a href="#">Register</a>

## Member topic of the month: Out-of-network care

Every month we feature ready-made promotional materials for one of our member programs or services. Print the flier or email it to your employees, whichever you prefer!

The topic this month is out-of-network care. See how much more it costs to visit providers outside a plan's network.

[View out-of-network care tip sheet.](#)



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401 Carlson Pkwy Minnetonka, MN, 55305, USA

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