



NEWS FOR EMPLOYERS

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My Health Rewards by Medica[®] offers new tool to help members eat well

Nutrition plays a key role in overall well-being, but not everyone has access to the resources and information to make healthy choices. Foodsmart by Zipongo is here to help. My Health Rewards by Medica[®] members can now access Foodsmart in the *Benefits* page on the online portal or mobile app. They can get the nutrition support they need with:

- **Recipes:** Find recipes that fit their preferences, time, and budget and add them to their favorites.
- **Grocery list:** A digital grocery list is automatically created for their selected recipes.
- **Online grocery ordering:** Convert their digital grocery list to an online order, delivered to their door.
- **NutriQuiz:** See how their eating habits stack up and instantly get personalized tips and recipes.
- **Tips and resources:** Visit the blog to read tips and tricks from Foodsmart's experts to help them eat their best.

Members will receive email communication this week to encourage them to access this new tool. Foodsmart is included with My Health Rewards Standard, Results, and Invest. Contact your Medica representative for more information.

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).

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	March 15 (9-10 a.m.) WebEx	Register

Health plan survey mailing to members

Some Medica group plan members will receive a survey in the coming weeks. The survey is part of a national project by the National Committee for Quality Assurance (NCQA), a non-profit group that helps people learn more about health care plans.

To help us conduct the survey, we've hired Symphony Performance Health, Inc., an independent research firm. No one but the staff at Symphony Performance Health, Inc. and NCQA will see member responses. Answers will be pooled and will not include member information. Participation does not impact a member's plan coverage in any way.

Members will receive a letter with the survey, providing clear instructions for completion. Recipients will have the option to complete the survey online and it will take less than 20 minutes to complete.

Medica is listening, too. This survey gives members the chance to tell us what they think about the services we provide at Medica. With this feedback, Medica can improve member experiences.

Member topic of the month: Medica CallLink®

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 Medica CallLink®, which offers members immediate phone access to experienced advisors and nurses who can answer health questions and provide support 24 hours a day, 365 days a year.

[View the CallLink member flier.](#)

Medica CallLink® is included with fully insured plans and a standard offering for self-funded employers.



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