

BUT WAIT, THERE'S MORE!

Your plan includes some nice “extras” that can help you get and stay healthy, at no extra cost to you. Once your coverage starts, we'll send you more information on ways to get the most out of your plan.



Health Club Reimbursement Program Motivation to hit the gym.

Meet a monthly workout requirement at a participating fitness club and you can earn up to a \$20 credit toward your dues. That's up to \$240 a year. To learn more about **Fit Choices**SM or to find a health club near you, go to medica.com/fitchoice.



Value for Your Health Care Dollar Compare cost and quality to find the right provider.

Cost and quality can vary significantly among providers. Knowing the difference can help you save money and have better results. Look up cost ranges for common procedures at dozens of facilities using **Main Street Medica**. Or use the online provider search tool to find doctor-specific cost and quality information with Premium Designation. Both tools are available on mymedica.com.



Employee Assistance Program When you need help with life's challenges.

Sometimes life throws you a curveball. Whether it's financial troubles, personal issues or family problems, we can help. Just call **800-626-7944** any time of day or night, any day of the year to talk with a counselor. They'll help you find the resources you need to get back on track.



Health Rewards Program Get inspired to make positive changes.

Taking steps to improve your health might be easier than you think. Whether you want to stress less, quit smoking or eat more fruits and veggies, **My Health Rewards by Medica**[®] makes it fun – and rewarding. You'll earn gift cards as you complete activities personalized just for you. To find your own path to better health, log on to mymedica.com and choose the Health & Wellness tab.



24-Hour Nurse Line The support you need, any time of day or night.

Worried that your stomach bug could be serious? Wondering what to do about that cough that won't go away? The registered nurses at **Medica CallLink**[®] can help. They're available 24 hours a day, 365 days a year to answer your questions and help you make smart decisions about your health. Just call **800-962-9497** (TTY users, call **711**).



Member e-Newsletter Learn how to get the most from your Medica plan.

Get information about health topics and your benefits delivered right to your inbox. You'll find health tips, advice on making smart health decisions and details on the Medica programs available to you. To sign up, just register for mymedica.com and you'll automatically receive the **4members e-newsletter**.



Healthy Savings Program Eating healthier just got easier.

Save money on a variety of foods with the **Healthy Savings program**. It's almost like getting a free trip to the grocery store every month. If you live near a participating store, you'll be enrolled automatically in the program. Just watch your mailbox for more information and your Healthy Savings card.