



MHC Open Enrollment

Benefits overview – CUSTOMIZE SLIDE FOR GROUP

Your summary of benefits

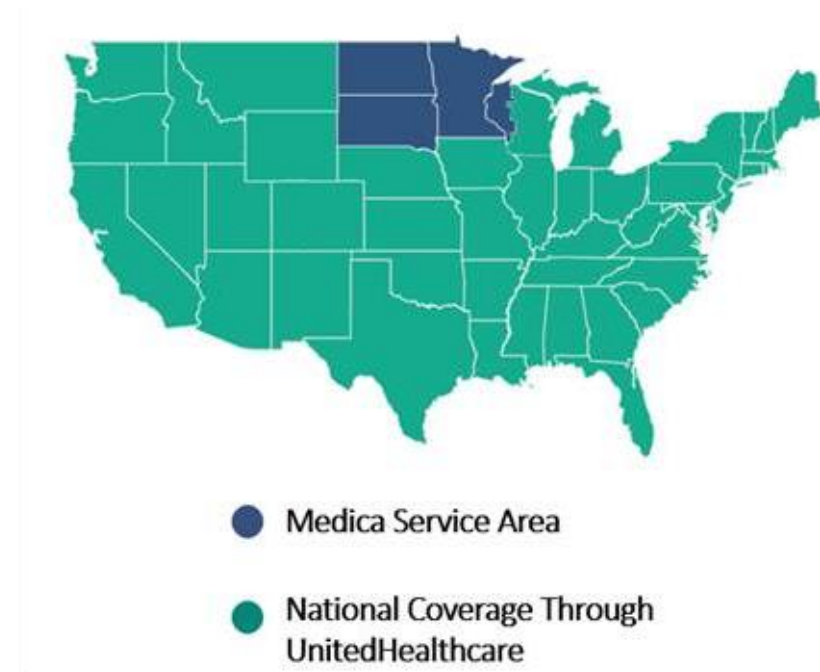
	MIC PASSPORT MN 2000 - 25% RX 11/40/80 IN-NETWORK BENEFIT	MIC PASSPORT MN 3500 - 0% HSA RX 11/40/80 IN-NETWORK BENEFIT	CUSTOMIZE
Annual Deductible	\$2,000 per person; \$4,000 per family	\$3,500 per person ; \$7000 per family	
Out of Pocket Maximum	\$3,000 per person; \$6,000 per family	\$7,000 per person; \$14,000 per family	
Preventive Care	100% coverage	100% coverage	
Convenience Care	After deductible is met: 25% co-insurance	After deductible is met: 25% co-insurance	
Office Visit and Urgent Care	After deductible is met: 25% co-insurance	After deductible is met: 25% co-insurance	
Hospitalization (In and out patient)	After deductible is met: 25% co-insurance	After deductible is met: 25% co-insurance	
Prescription Drugs	Generic : \$11.00 Preferred: \$40.00 Non-Preferred: \$80.00	Generic : \$11.00 Preferred: \$40.00 Non-Preferred: \$80.00	
Emergency Room	After deductible is met: 25% co-insurance	After deductible is met: 25% co-insurance	

Network

Medica Choice® Passport

Access to a large, national network and the freedom to see any provider at any time. A plan that's easy to use — no matter where you live.

- One of the largest networks in the nation
- Nationwide network coverage when you travel
- No referrals needed when you see network providers



Medica Choice® Passport

- | | | |
|---|--|---|
| <ul style="list-style-type: none">• 1 million+ providers and nearly 5,900 hospitals• 960,000 doctors | <ul style="list-style-type: none">• More than 68,000 pharmacies including 24-hour pharmacies | <ul style="list-style-type: none">• Convenience and urgent care |
|---|--|---|

Pharmacy Benefits

Pharmacy Solutions

Our pharmacy partners

- Access to over 68,000 retail pharmacies
- Same low negotiated rates at all network pharmacies
- Home Delivery available
- Express Scripts mobile app
 - Check drug costs
 - Locate a pharmacy
 - View prescription drug history
 - Print forms and ID cards
 - Access drug information
 - Receive medication-related alerts
- Specialty medications: self-injectable, oral, high-tech or high cost for treatment of diseases requiring complex therapies
- May require special handling
- Most often prescribed by specialists
- 24/7 access to specialty-trained pharmacists and nurses



Your Member ID Card

Your Member ID Card

- Your name and covered dependents
- Your copayment and coinsurance amounts
- Important phone numbers
- Secure ID number
- Group policy number
- Important contact information



Payer ID: 94265

ID: 999999901 **Group: DFLT**

Name:

JOHN Q 00180/00690XXXXX

Dependents:

JANE R DOE

DAUGHTER R DOE

SON T DOE

BABY1 U DOE

BABY2 V DOE

CareType: MEDICA CHOICE PASSPORT

SVC Type: MEDICAL

OV/CONV/URGI/ER/[CD5]

\$XX / \$XX / \$XX / \$XX / \$XX



Rx BIN: 003858
Rx PCN: A4
Rx Group: 1MEDICA

Medica Choice With UnitedHealthcare Choice Plus

Members – www.mymedica.com

Claims: Medica PO Box 30990, Salt Lake City, UT 84130

Customer Service: (952) 945-8000 or (800) 952-3455

Hearing Impaired: 711

Pharmacists: (800) 922-1557

Medica Providers: (800) 458-5512 or www.medica.com

Notification Services: (866) 745-9920

UnitedHealthcare Providers: (877) 842-3210 or
www.unitedhealthcareonline.com

Medica Behavioral Health: (800) 848-8327

Medica CallLink Nurse Line: (800) 962-9497

EAP: (800) 626-7944



Minnesota Department of Commerce Appeals: 651-539-1600 or 800-657-3602

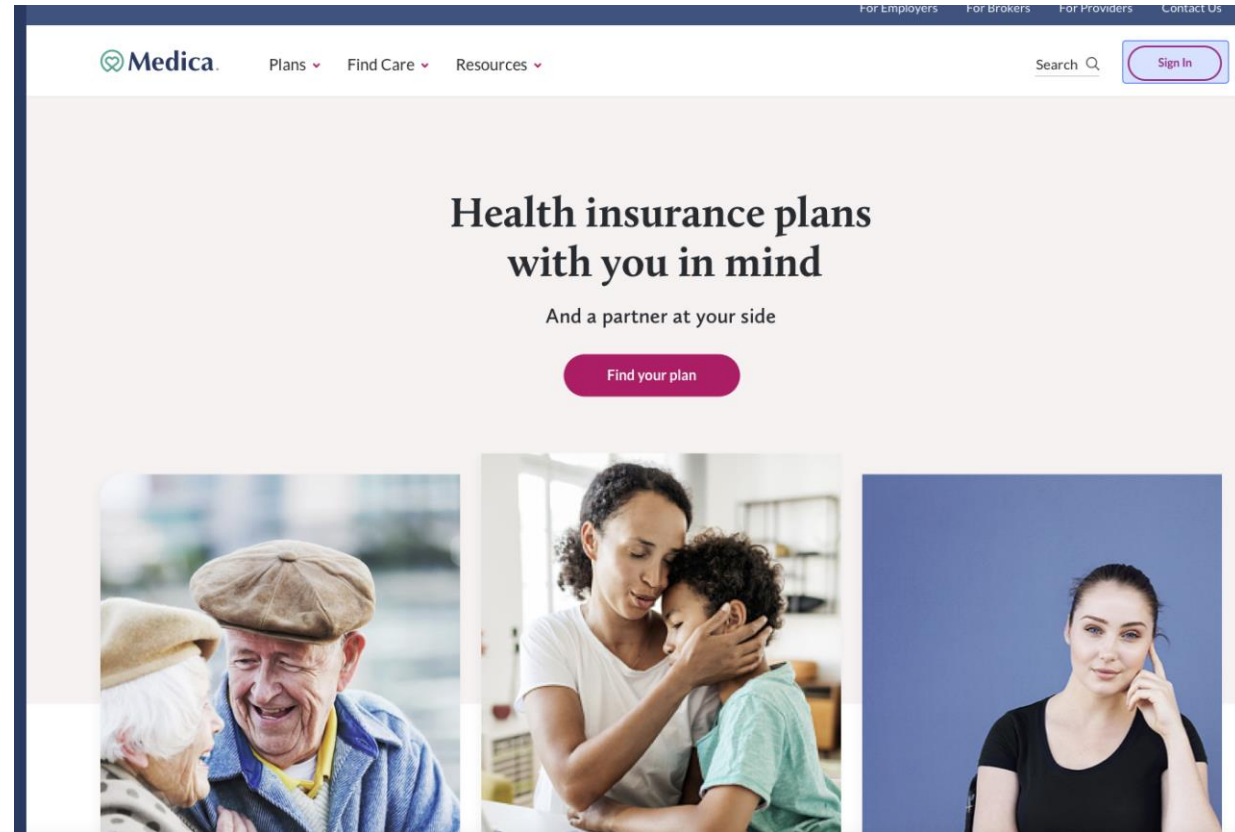
Member Resources

Your One-stop Shop

www.medica.com

Access information to manage your health plan benefits

- Find out what's covered in your plan
- Track your claims
- Find in network providers
- Check prescription coverage
- Order id cards
- View account balances



Liveandworkwell.com

Cost differences



Low cost

High cost

FREE

Medica CallLink®

\$

Virtual care
E-visits
Convenience care
Retail clinics

\$\$

Office visit

\$\$\$

Urgent care

\$\$\$\$

Emergency room

Virtual care options*

Convenient and cost effective online treatment

Clinic-based	Amwell	Virtuwell	Calllink
Many clinics offer virtual care, online care or e-visits	24/7 online clinic available in every state Includes coverage for medical and behavioral health care services	24/7 online clinic available in select states	Available 24/7
Prices vary	Prices vary	Prices vary	FREE
Check with your clinic to see if they offer virtual care and how you can connect with your provider online	Mobile, web and phone visits with a board-certified doctor	Online visits with a certified nurse practitioner	Phone visits with a certified nurse practitioner
Clinic's website	Amwell.com	Virtuwell.com	https://www.medica.com/wellness/nurse-line

*Virtual care options can vary by your plan's network. Check care options at [medica.com/findadoctor](https://www.medica.com/findadoctor).

Fit ChoicesSM by Medica

Credits



\$20

Credit toward monthly dues

8,000+

Health clubs to choose from

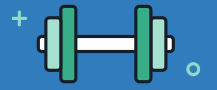
My Health Rewards

Incentives for daily activity

Level	Points earned	Reward
1	2,000	\$10
2	10,000	\$20
3	25,000	\$50
4	40,000	\$80

New for 2022: \$5/monthly reward upon completion of 7000 steps/15 active minutes/15 workout minutes. 20 days in a calendar month.

Members 18 years and older can earn up to \$220 in gift cards funded by Medica

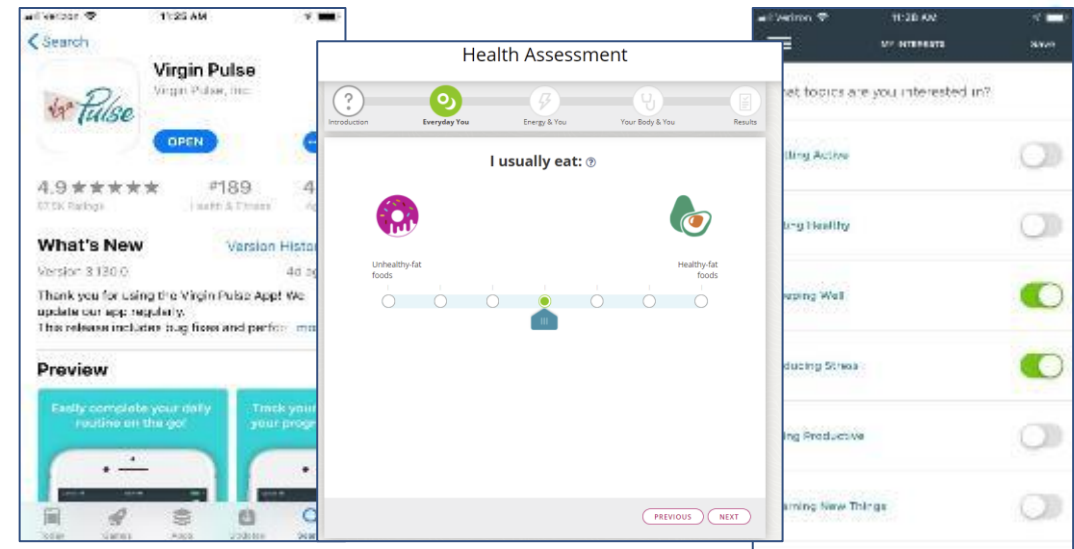


Getting started is easy!

Download the App

Take the health assessment

Save your interests



My Health Rewards

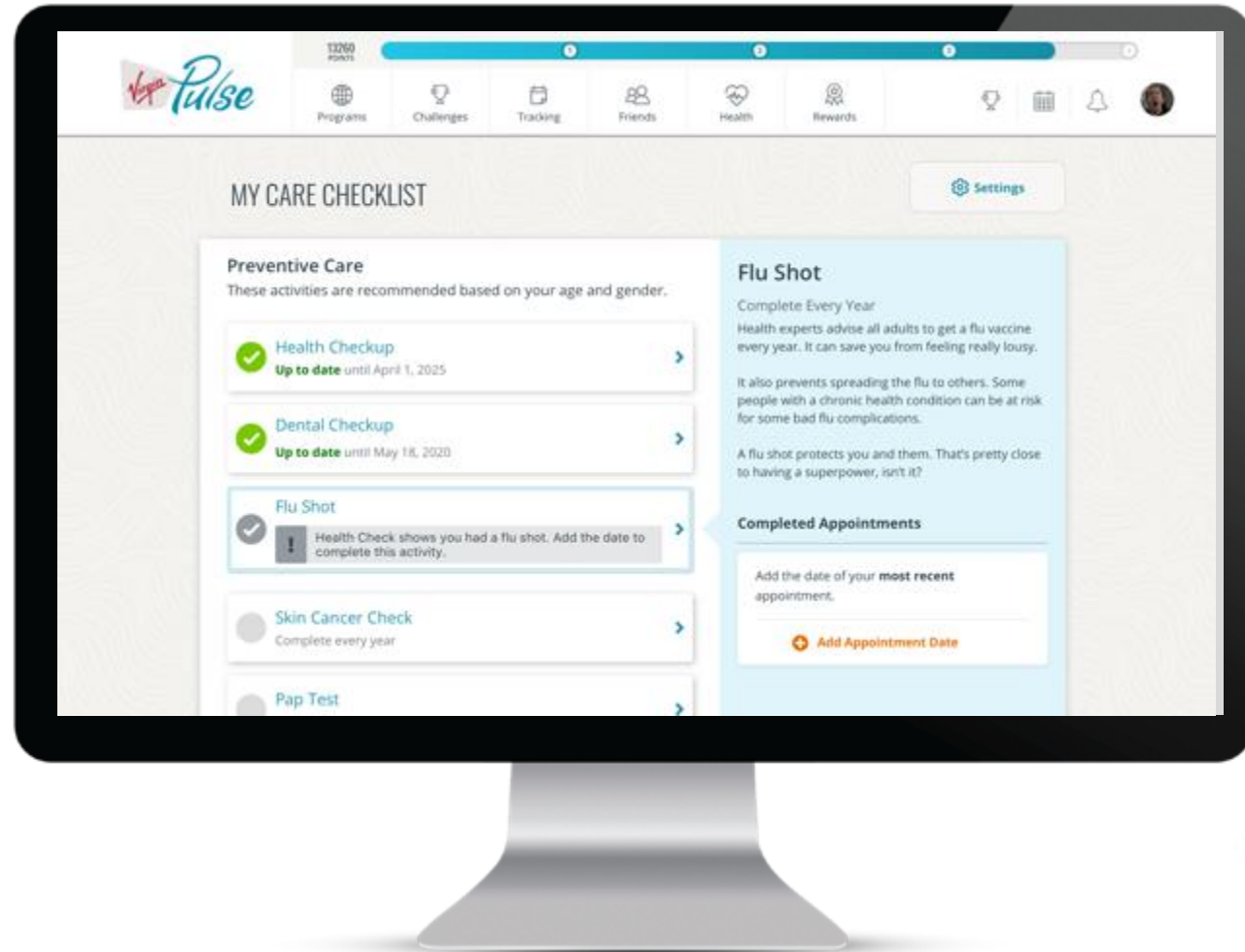
My care checklist components

Provides Evidence-Based Recommendations:

Personalized annual care guidance based on health assessment and self-attested data.

Reduces Gaps in Care: Engaging experience and integrated rewards emphasize preventive care to avoid illness, absence and health situations. Closing gaps in care addresses key cost drivers to impact outcomes.

Delivered in Context of Daily Routine: Unlike traditional preventive care programs, My Care Checklist is built within the trusted, daily engagement platform, supporting a broader focus on continuously improving health and wellbeing, not just certain aspects once a year.



My Health Rewards

My care checklist components

Preventive Care Checklist

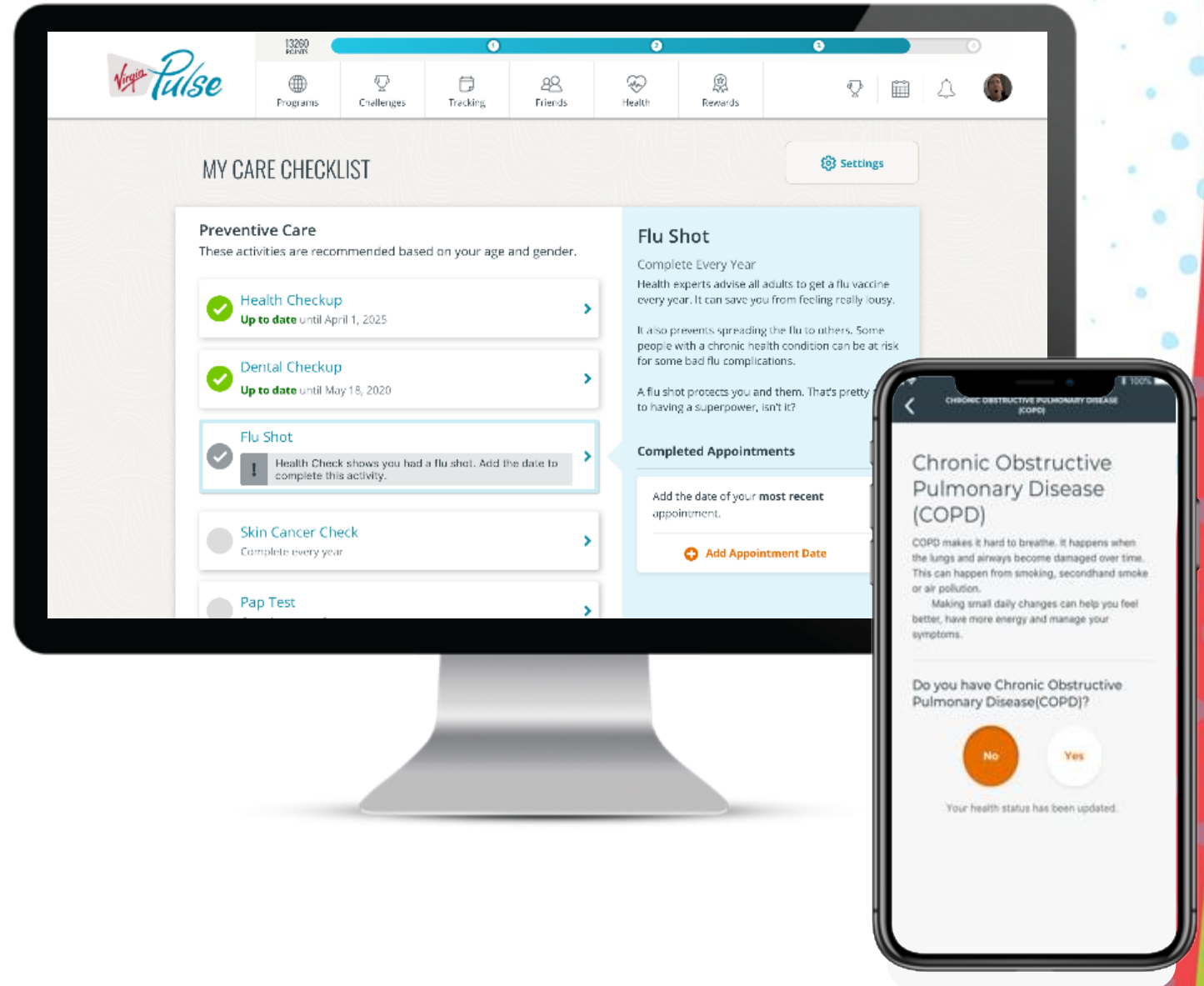
- preventive care exam, test or vaccination
- Member can self-attest date of appointment

Health Situation Checklist

- Member will see exams based on health situations based on self attestation

Settings

- Members can review “About My Care Checklist”
- Members can elect to be reminded of upcoming or overdue preventative screenings
- Read Privacy Notice
- Manage Health Situations



Omada for Prevention

Omada empowers people to build healthy behaviors that last

- Omada is a digital lifestyle change program for people at risk for chronic conditions such as:
 - Prediabetes
 - Hypertension
 - High cholesterol
 - Cardiovascular disease
- Participants learn how to apply meaningful changes around eating, activity, sleep, and stress, and then focus on sustaining those behaviors
- Program is available at no additional cost

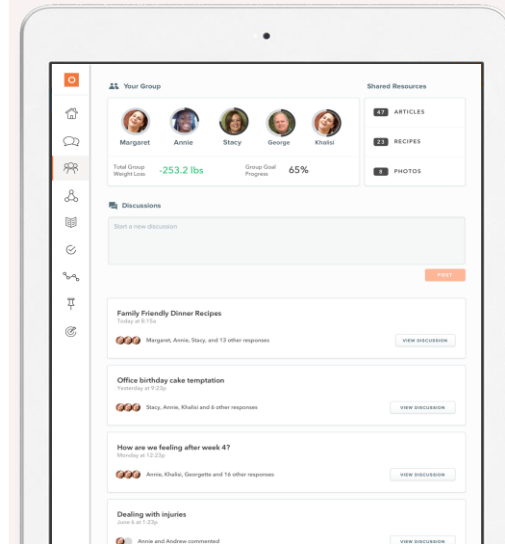


Interactive Lessons

Data Science

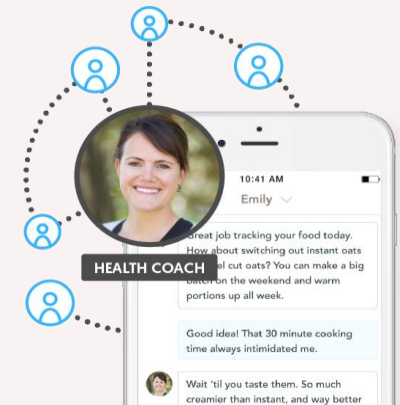


Smart Technology



Support Group

Professional Health Coach



Omada for Diabetes Management

Program Goals



Reduce number of episodes of low- and high-glucose values to achieve target glucose levels



Reduce risk of diabetes complications and decrease diabetes distress



Build problem-solving skills and promote confidence to self-manage diabetes or cholesterol medications



Encourage safe, achievable lifestyle changes and promote healthy coping

Program Features

- Proactive guidance from a professional health coach and Certified Diabetes Care and Education Specialist (CDCES) trained in diabetes management and the interpretation of glucose data
- Type 1 or Type 2 diabetes curriculum covering all core topics of Diabetes Self-Management Education and Support (DSMES)
- Consistent review of each participant's glucose values through continuous glucose monitoring and self-reporting to identify relationship between diet, exercise, medications, and glucose
- Personalized support to enable participants with medication self-management
- Connected glucose monitor to seamlessly track progress of glucose levels



Omada for Joint & Muscle Health

A convenient, personalized approach to muscle and joint care

- On-demand, virtual physical therapy that helps members recover quickly
- Fast, seamless access to a diagnosis and treatment from a licensed PT usually within 48 hours
- Proven program helps build muscle, prevent pain, and treat existing aches and injuries
- Tools and technology helps physical therapist deliver the right care and keeps patients engaged

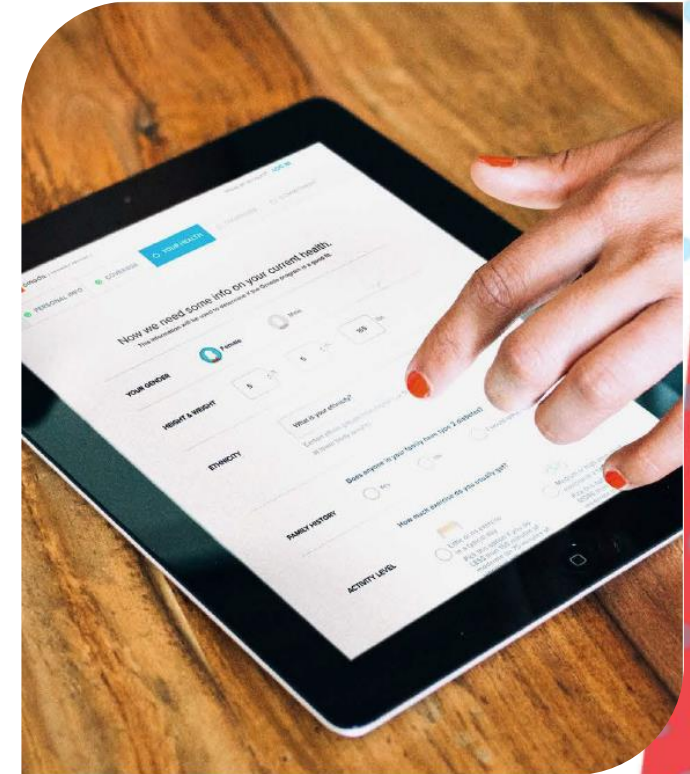


Omada for Joint & Muscle Health is available to members ages 13 and older enrolled in a Medica Choice Passport plan and who live in Iowa, Minnesota, Missouri, North Dakota, South Dakota, and Wisconsin. The program is not available for small groups.

Apply to Enroll in Omada

Getting started

- Review information about the Omada Prevention and Diabetes Management programs
- After your plan's effective date, go to omadahealth.com/mhc and complete a few easy questions to determine if you are at risk for certain chronic conditions, such as prediabetes or cardiovascular disease and eligible to participate. Including if you are Diabetic
- If you are eligible, you'll enter some contact information to complete your enrollment



Note: Some individuals may not meet the clinical criteria to participate in an Omada program

Ovia Health

Fertility, pregnancy and parenting support
Three mobile apps that span the reproductive health and parenting spectrum.

Ovia Pregnancy

- Weekly baby development summaries
- Daily articles and tips
- Supportive weekly videos
- Return-to-work planning tools and support
- Unlimited in-app coaching with nurse health coaches

Ovia Parenting

- Learn about child development and health
- Track baby's feedings, diapers and sleep
- Get guidance and support for mental health and wellness
- Access thousands of parenting articles and tips
- Unlimited in-app coaching with nurse health coaches

Ovia Fertility

- Understand cycle predictions and fertility calendar
- Track symptoms, moods, medications and more
- Receive feedback alerts on potential medical concerns
- Learn about infertility health programs

The logo for Ovia Health, featuring the text "oviahealth" in a white, lowercase, sans-serif font. A horizontal line with three segments in yellow, teal, and green is positioned below the text. The logo is set against a dark blue rectangular background.

oviahealth™

Sanvello

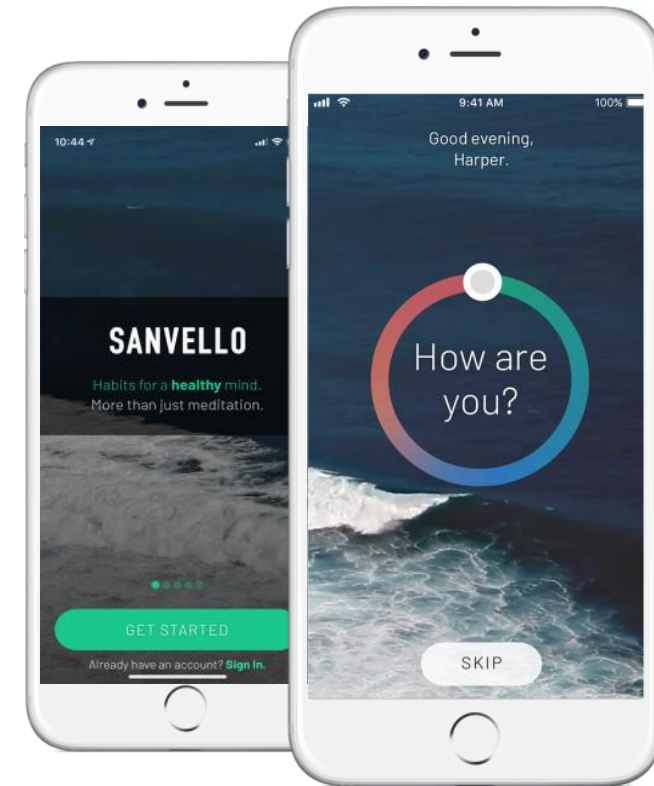
Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT). Individuals can relieve symptoms and build life skills that can reduce potential high-cost interventions through:

- Mood and health data tracking over time
- Integrated goal-setting and progress assessments
- Interactive, educational guided journeys
- Relaxation techniques and coping skills

RESULTS¹

- | | |
|--|---|
| • Participants interact with Sanvello nearly 5X more than traditional therapy alone | • Sanvello decreases symptoms of depression and anxiety even after individuals stop using the app |
|--|---|

On-demand help for stress, anxiety and depression



iOS



ANDROID

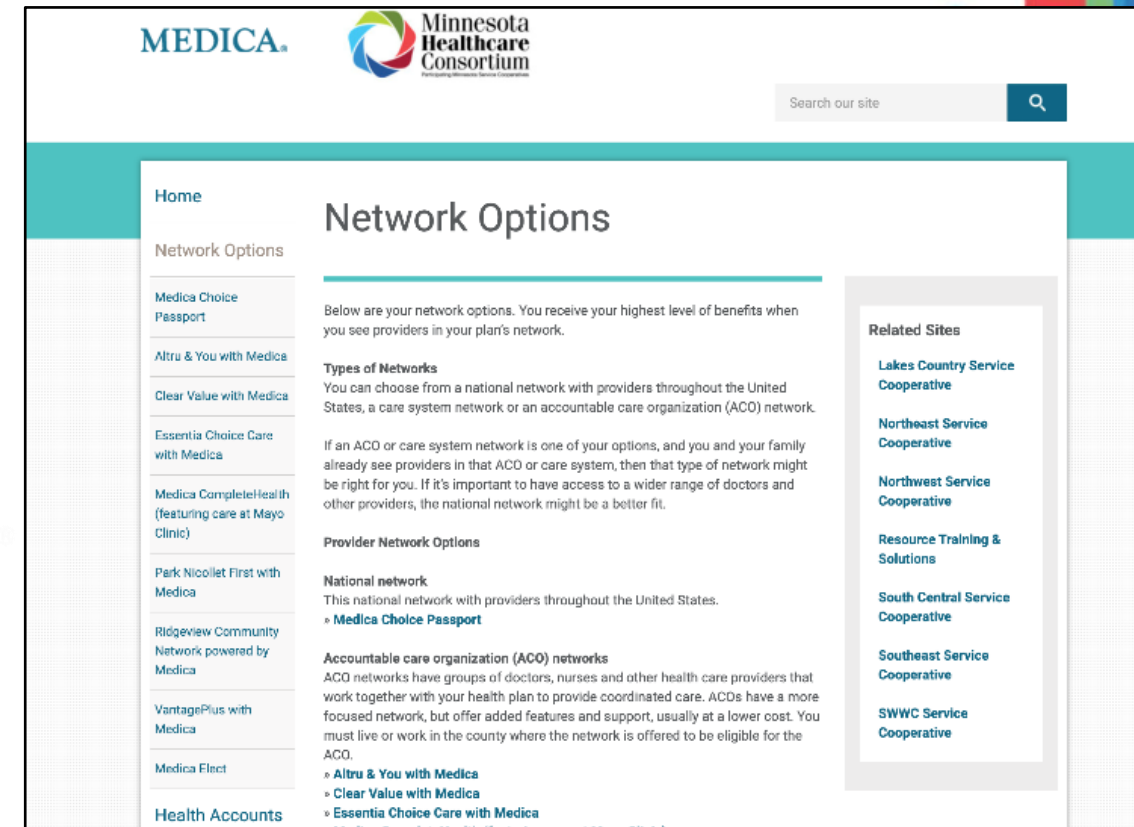
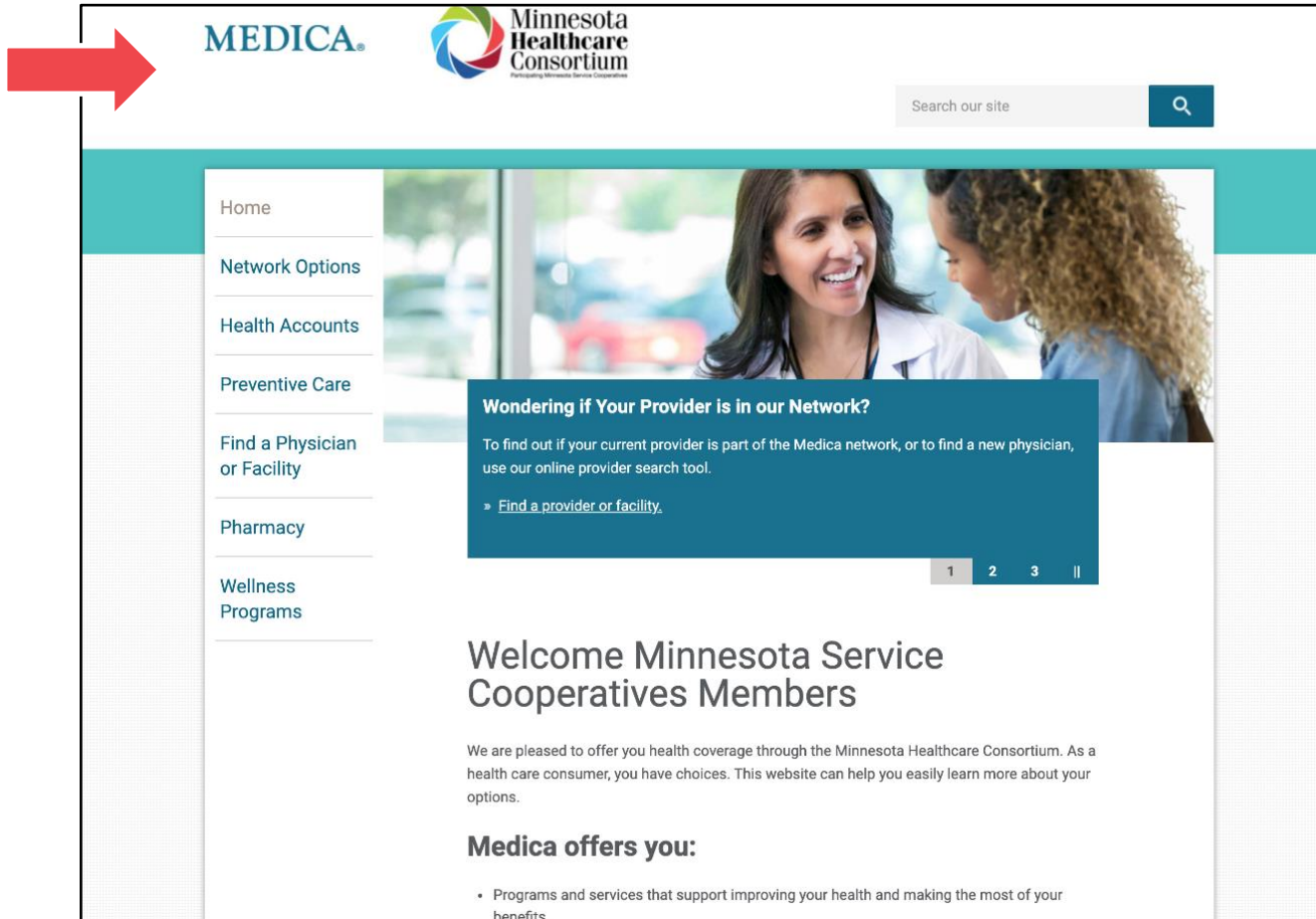


TABLET

1. Anne Moberg, Christine & Niles, Andrea & Beermann, Dale. (2019). Guided Self-Help Works: A Randomized Waitlist Controlled Trial of Pacifica, a Mobile App Integrating CBT and Mindfulness for Stress, Anxiety, and Depression. J Med Internet Res 2019;21(6):e12556, <https://www.jmir.org/2019/6/e12556/>

Transition / implementation

Pre-enrollment site



mhc2.welcometomedica.com/home

Plan Enrollment

We're here to help

Medica customer service:

- Monday - Friday, 7 a.m. - 8 p.m. CST
(closed Thursdays, 8 a.m. - 9 a.m.)
- Saturday, 9 a.m. – 3 p.m.

Call:

- 1-877-347-0282



Accountable Care Organizations (ACOs)

Altru & You With Medica

Altru & You with Medica

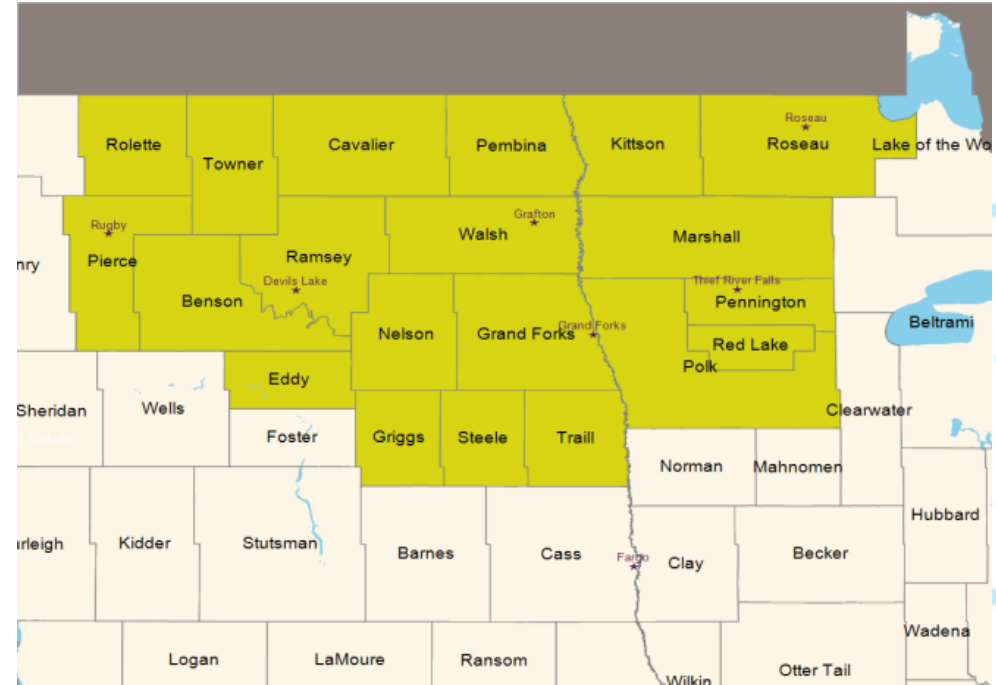
Satisfaction survey results

94.4%	96.6%	97.0%	98.1%
Percent of respondents indicate that their Altru provider explains in a way they understand	Percent of respondents indicate their Altru provider shows respect for what they say	Percent of respondents indicate that assistance is available by phone after regular office hours	Percent of respondents indicate they are able to obtain a routine appointment or check-up as soon as needed

Altru & You with Medica

Quick facts

- More than 40 primary care clinics and 17 hospitals
- More than 4,000 health professionals and support staff
- Medica's standard networks for chiropractic, behavioral health, pharmacy



Primary service area:

Northwestern Minnesota and northeastern North Dakota

Altru & You with Medica

Features

- Multiple specialty centers
- Direct access to specialists
- A variety of online care features
- A secure online patient portal
- Specialized programs at Altru Advanced Orthopedics include joint replacement, cartilage restoration, specialized hand and shoulder surgery, and concussion management
- Discounts on wellness programs 50% off sessions with an Altru health and wellness coach
 - 50% off Altru's Weight Management Program
 - 10% discount on food products as part of the Weight Management Program



Altru & You with Medica

Enhanced consumer experience

Secure Online Patient Portal

MyHealth
Altru Health System and Affiliates

Cavalier County Memorial Hospital | Cooperstown Medical Center | First Care Health Center | Heart of America Medical Center
LifeCare Medical Center | Nelson County Health | Pembina County Memorial Hospital | Towner County Medical Center
Unity Medical Center | Valley Community Health Center

- Communicate with your doctor**
Get answers to your medical questions from the comfort of your own home
- Access your test results**
No more waiting for a phone call or letter – view your results and your doctor's comments within days
- Request prescription refills**
Send a refill request for any of your refillable medications
- Manage your appointments**
Schedule your next appointment, or view details of your past and upcoming appointments
- Pay As Guest**
Want to pay your Altru bill without logging in to your MyHealth account

Online Care Altru eVisit

An Altru eVisit is a quick and easy way to get care for some common illnesses online without visiting a clinic. Altru eVisits offer quick and prompt care for patients with MyHealth patient portal accounts. To begin an Altru eVisit, log into your MyHealth account and fill out a questionnaire regarding your symptoms. If you don't yet have an account, you can sign up to access eVisits and other convenient tools to manage your healthcare. Through secure online messaging the responding provider may recommend a course of treatment, order a prescription to your preferred pharmacy or request to see you in person if your symptoms are complex.

Altru and Medica have teamed up to provide more ways to earn rewards as you improve your health.

EARN UP TO \$100 IN GIFT CARDS

Your well-being. Your Rewards. Your way.

Your well-being journey is personal and we want you to choose your own path. You choose the activities that are meaningful to you, and earn rewards for participating. Opportunities include:

- Participate in an Altru health coaching or weight management program.
- Get a recommended preventive test or complete a body composition analysis.
- Participate in a Medication Therapy Management program (if appropriate).

SEE WHAT'S POSSIBLE

ACO Mapping Tool

MEDICA

To see provider locations, choose a facility type. You may customize the map by entering your address and choosing your preferred drive time or distance to find providers near your home or work.

Featured Networks:
Altru & You with Medica

Choose Facility Type(s):
☒ Primary Care Clinics
☐ Urgent Care
☐ Hospital Network

My Address:
[Input field]
[Go]

Drive Time/Distance:
[0 5 10 15 20 25 30 40 50 60]
[Recent Map]

The map displays various locations marked with red pins and numbers (1, 2, 3, 9) across a geographic area, representing provider locations within the ACO network.

Essentia Choice Care with MedicaSM

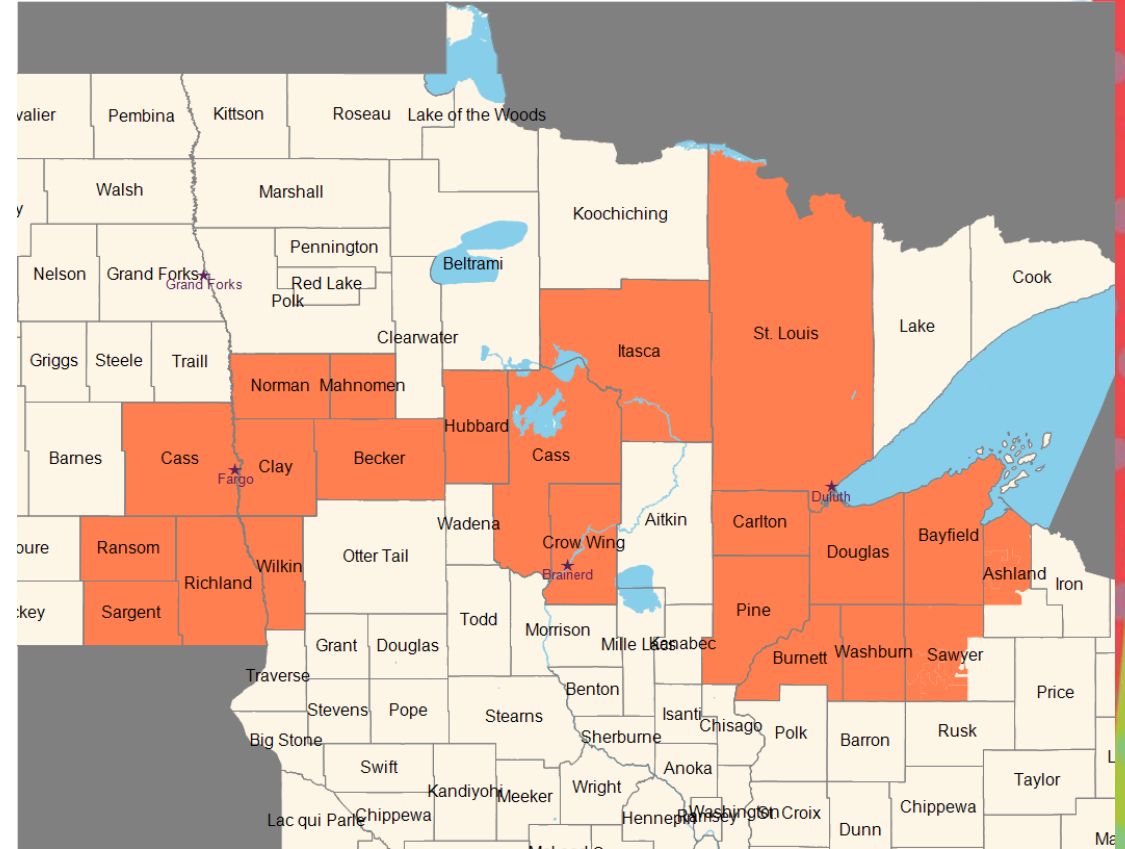
Essentia Choice Care with Medica

Quick facts

- 26 hospitals
- More than 70 Clinics
- More than 2,300 Physicians
- Medica's standard networks for chiropractic, behavioral health, pharmacy



Essentia Health



Primary service area:

Northern Minnesota, eastern North Dakota,
northwestern Wisconsin

Essentia Choice Care with Medica

Features

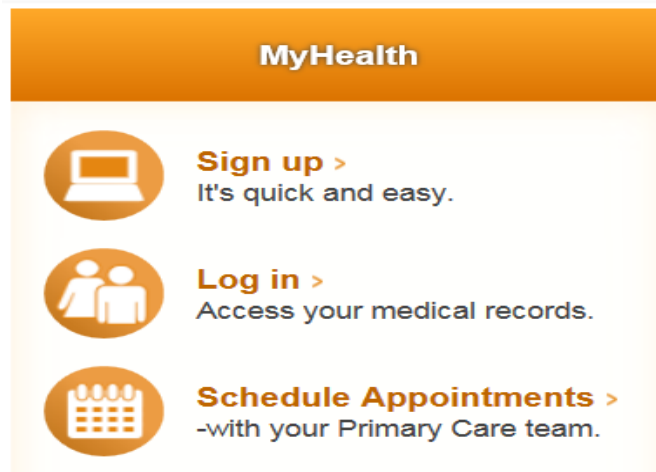
- Same day visits with a member of the care team
- Direct access to specialists
- Essentia MyHealth
- A secure online patient portal
- Patient Assistant
- Single phone number
- A 20% discount on goods and services at Essentia Health Skin Renewal Clinics



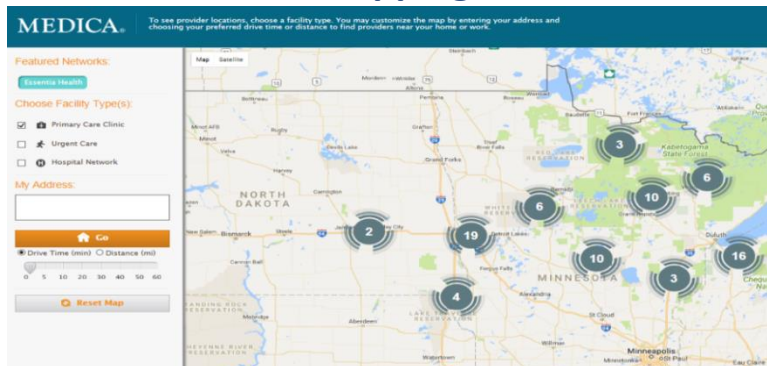
Essentia Choice Care with Medica

Enhanced consumer experience

My Health Portal



ACO Mapping Tool



Member onboarding and targeted outreach



Integrated Website

MEDICA.

Essentia Choice Care with Medica

Essentia Health
care with you



Health Benefits

Log in to mymedica to:

- Order extra ID cards
- See what your plans covers
- Track your claims
- Take healthy steps, complete a health assessment and earn gift cards

Take a tour, learn how to register and more. [Explore mymedica](#)

Care

Log in to Essentia's MyHealth to:

- Manage your appointments
- Check your medical records
- Review your doctor's notes
- Get lab results
- Send secure messages to your care team

Learn more about 24/7 online care and feel better, fast.

Prescription Benefits

Your plan includes coverage of prescription drugs and a range of options for filing your prescriptions.

[Learn more about your prescription benefits](#)

News & Information

- Find forms
- Get member tips
- Read the latest e-newsletter

Clear Value with MedicaSM

Clear Value with Medica

Quick facts

- Hennepin Healthcare-centered Network
- Medica's standard networks for chiropractic, behavioral health, pharmacy

Hospitals

- Gillette Children's Hospital
- HCMC

LARGE GROUP AND SMALL GROUP: ● Clear Value with Medica



Clear Value with Medica

Overview

- Video Visits with Hennepin Healthcare providers
 - AmWell will also be available when traveling or for MH/SA video visits
- Concierge Scheduling Support
- Medication Therapy Management
- Integrative Health
 - Holistic approach focusing on mind, body & spirit
 - Includes Chiropractic, Acupuncture, Physical Therapy & Pain Management services
- Pops Diabetes Care
- Free and reduced cost parking expenses



Clear Value with Medica

Primary Care Clinics

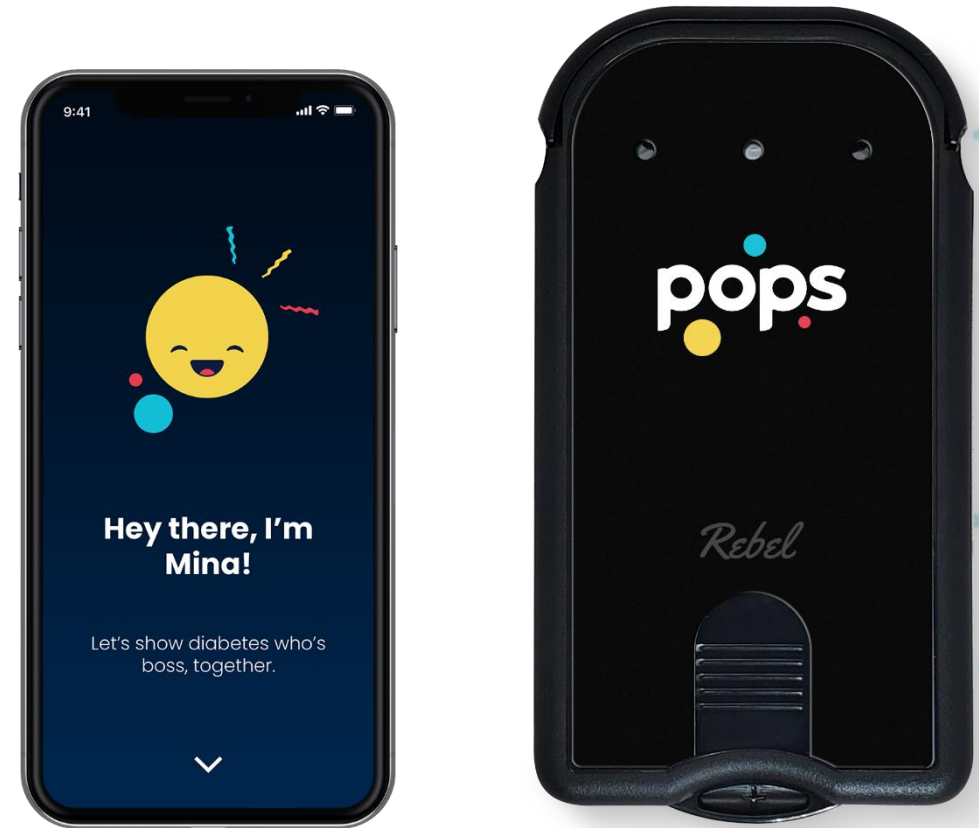
- Brooklyn Park Clinic & Pharmacy
- Clinic & Specialty Center- Mpls
- East Lake Clinic- Mpls
- Golden Valley Clinic
- North Loop Clinic & Pharmacy- Mpls
- Richfield Clinic & Pharmacy
- St Anthony Village Clinic & Pharmacy- Mpls
- Whittier Clinic & Pharmacy- Mpls



Clear Value with Medica

With Pops® you can:

- Check your blood sugar discreetly on the go with the Rebel™ integrated glucose meter. It combines the traditional test kit into one seamless meter that connects to your phone.
- Receive encouragement and reminders from Mina™, your personal virtual coach. Mina is here for you 24/7.
- Know where you stand with real-time data and trends.
- Share your data with your family and health care providers, allowing you to better prepare for your clinic visits.



"Just like my phone, Mina is always with me. It is discreet, I can test anywhere."

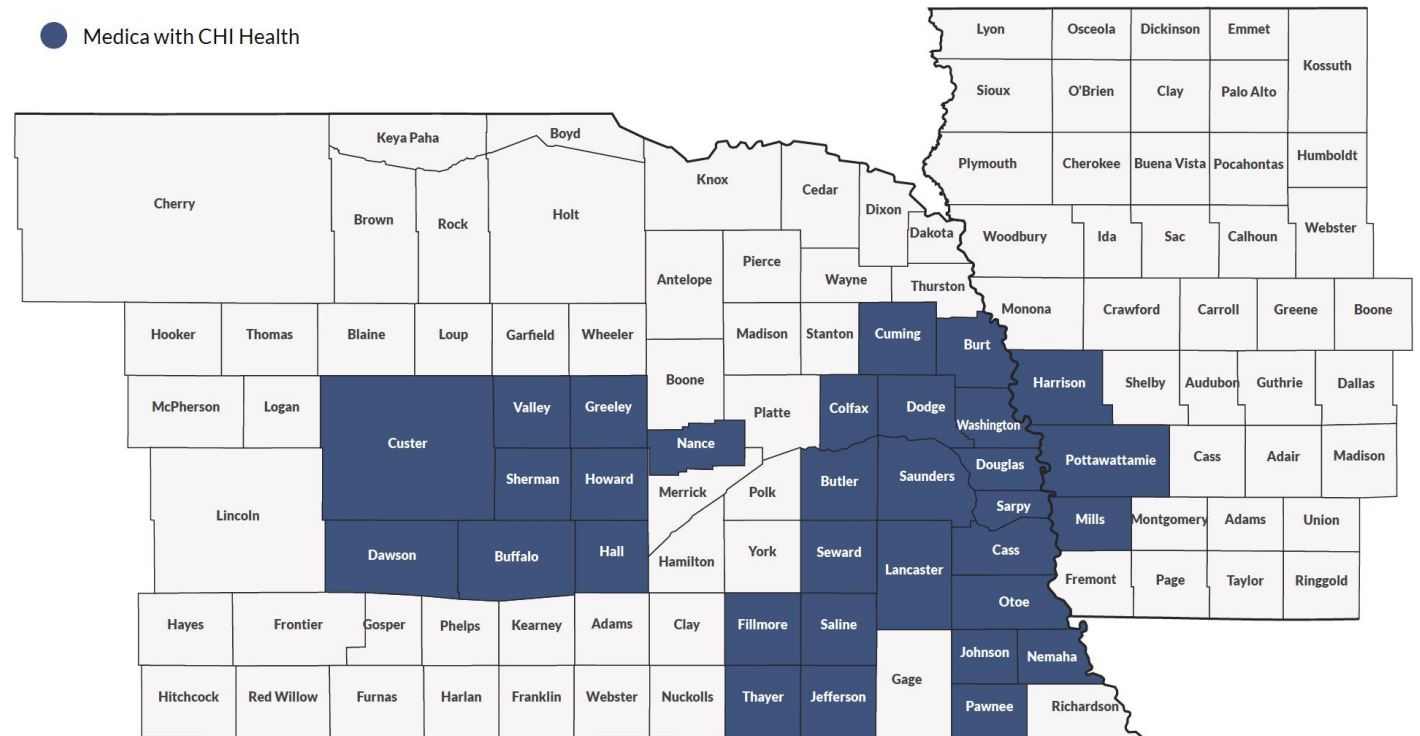
– Mary R., Pops Owner

Medica with CHI HealthSM

Medica with CHI Health

Quick facts

Medica with CHI Health provides access to 14 hospitals and more than 150 clinics in Nebraska and southwest Iowa. In addition, you have access to an integrated network of more than 3,800 physicians, specialists and advanced practice clinicians providing life-changing, coordinated care.



Medica with CHI Health

Overview

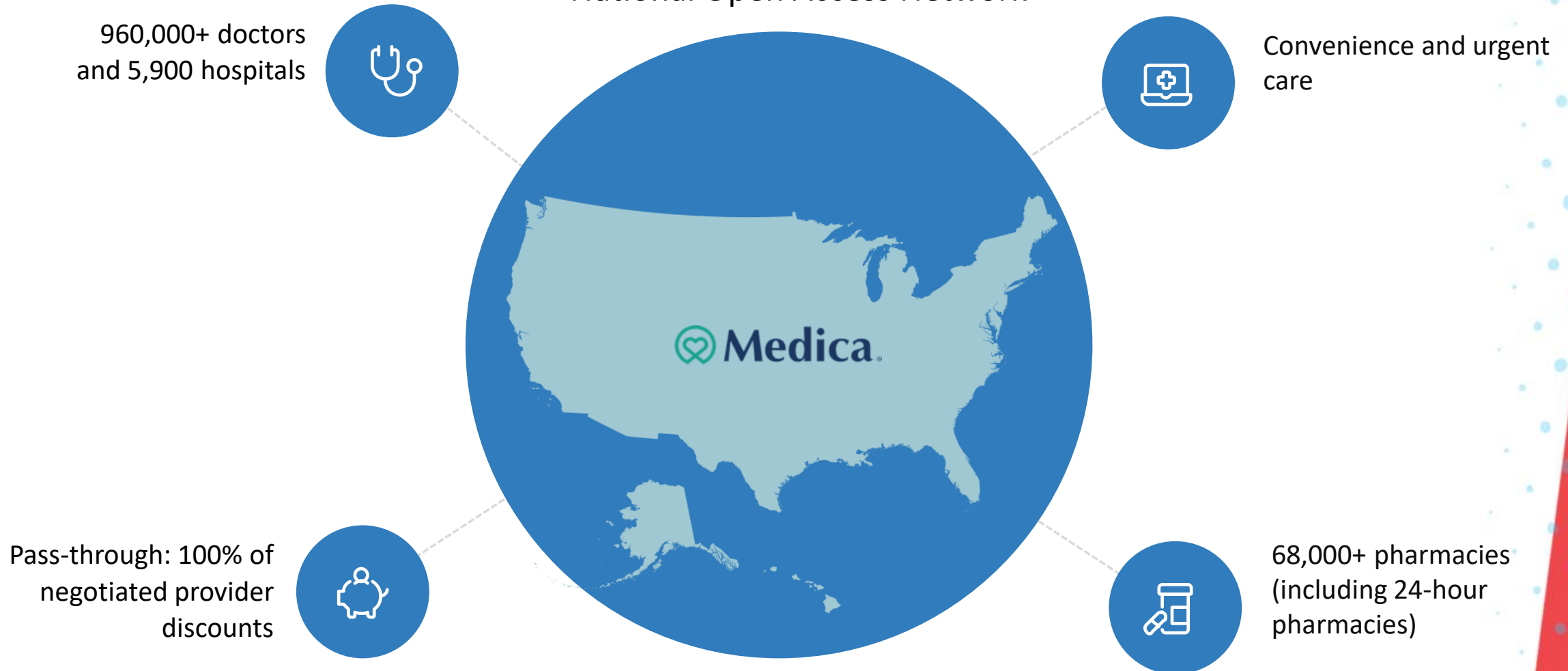
- Direct Access to specialists
- Single phone number
- Priority care- same day doctor visits with no appointment needed
- Quick care visits- located within Hy-Vee stores and treating minor medical care issues



Medica Choice Passport

Network Offerings | Medica Choice Passport

National Open Access Network



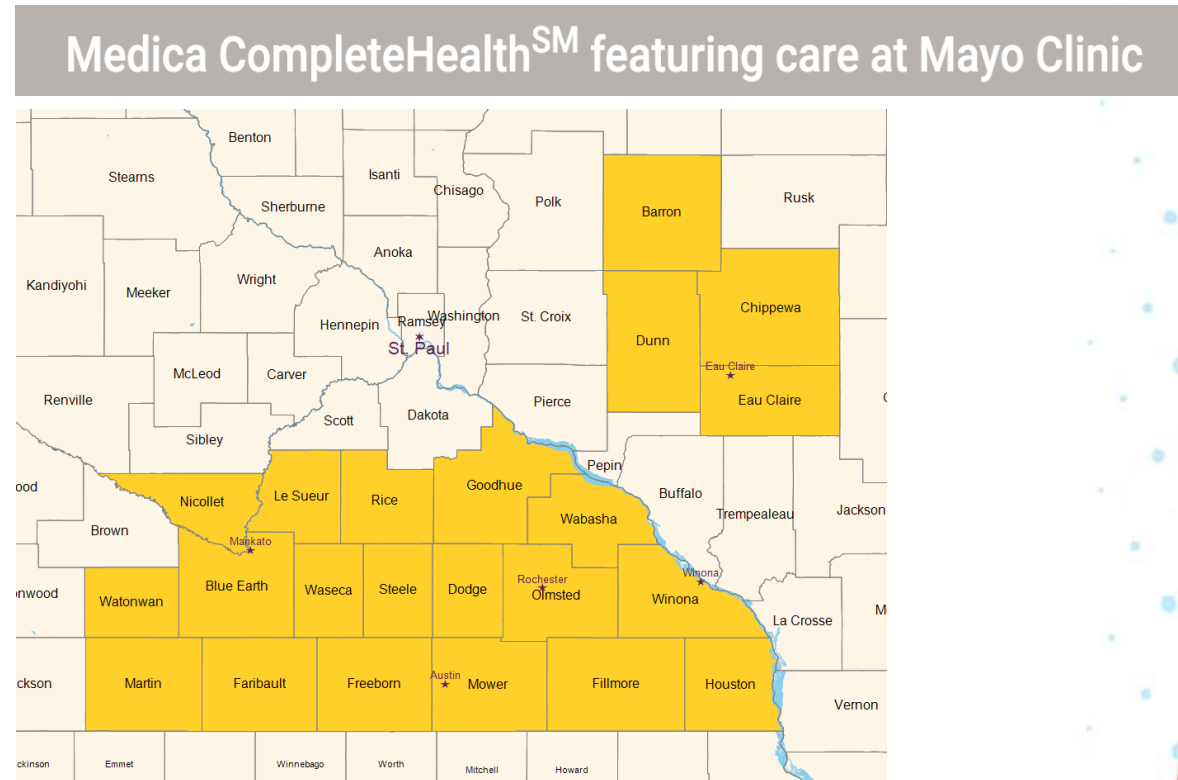
Medica CompleteHealthSM

Featuring care at Mayo Clinic

Medica CompleteHealth featuring care at Mayo Clinic

Quick facts

- 20 hospitals/medical centers
- 60 primary and specialty care clinics
- Medica's standard networks for chiropractic, behavioral health, pharmacy



Primary service area:

Southern Minnesota and western Wisconsin

Medica CompleteHealth featuring care at Mayo Clinic

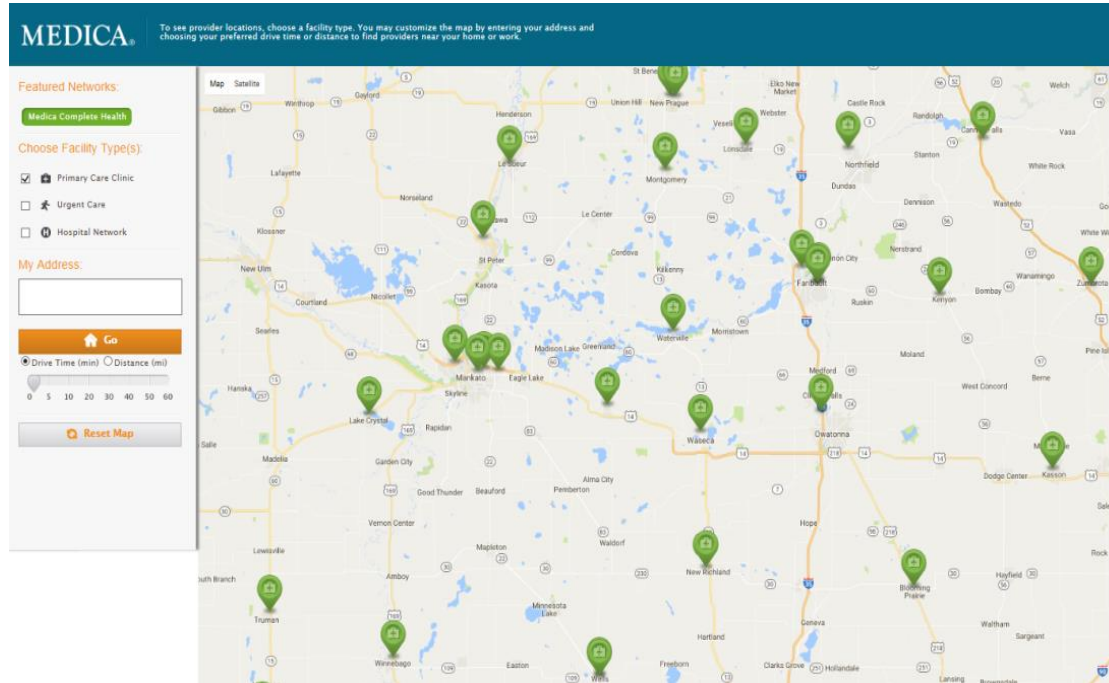
Features

- Care is supported by team of providers, based on member's unique needs. Most teams include physicians, nurses, nurse practitioners - all focused on providing right care at right time
- 24/7 access to a nurse
- Online access to your Mayo Clinic health records

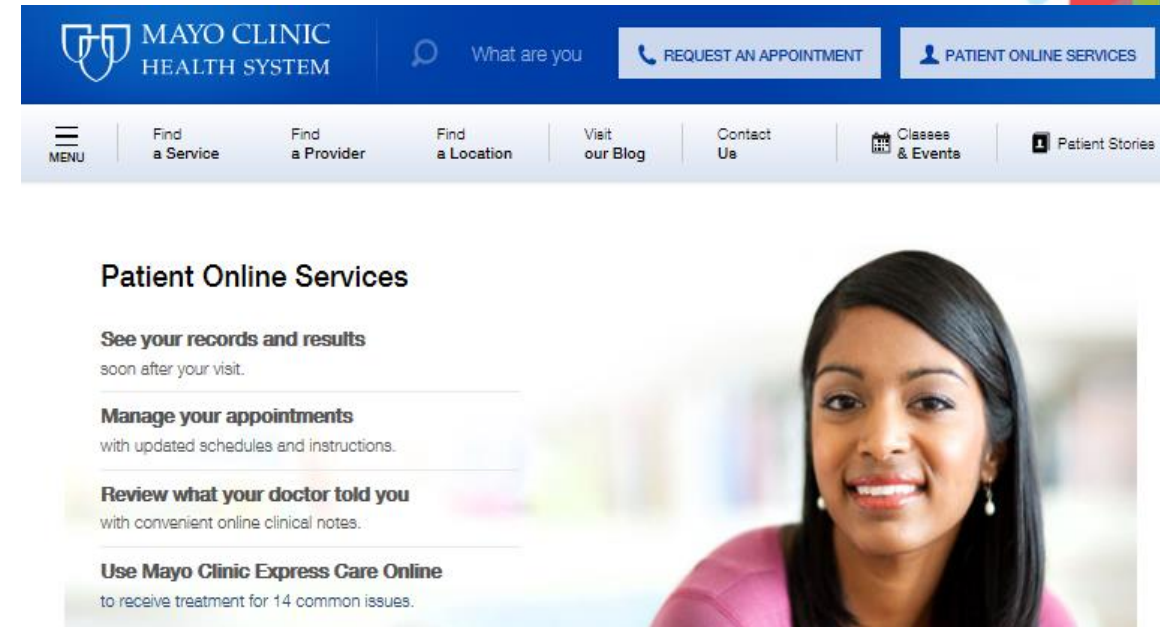


Medica CompleteHealth featuring care at Mayo Clinic

Enhanced consumer experience



ACO Mapping Tool



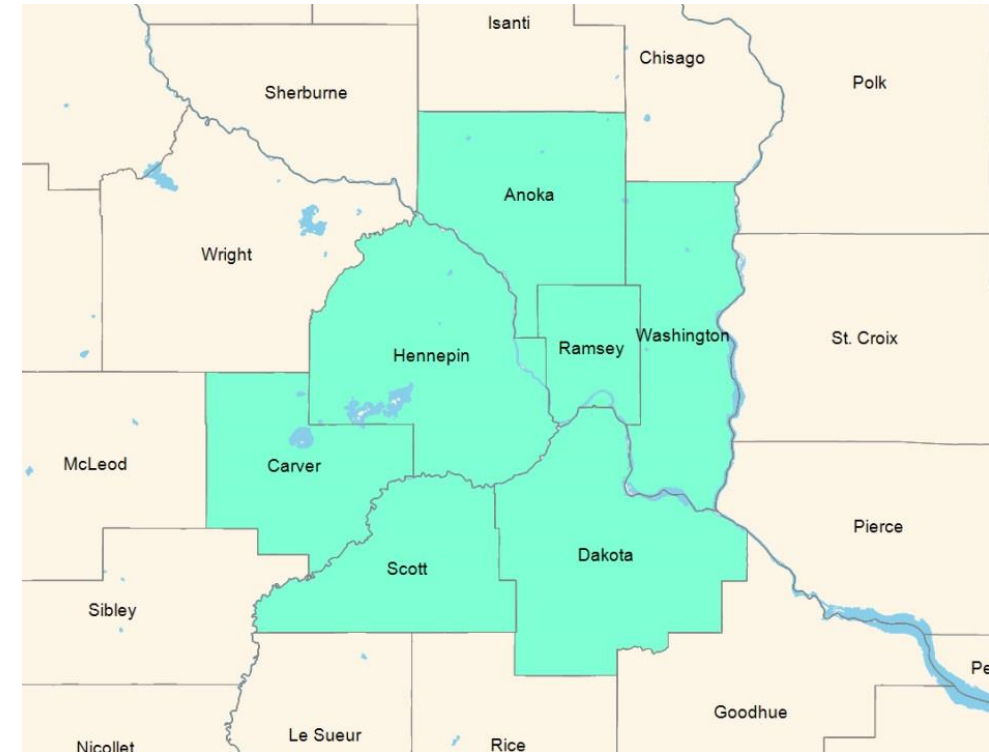
Online Access to Your Mayo Clinic Health Records

Park Nicollet First with MedicaSM

Park Nicollet First with Medica

Quick facts

- 670+ physicians
- 4 hospitals/medical centers
- 20 primary care clinics
- 55 medical and surgical specialties
- Medica's standard networks for chiropractic, behavioral health, pharmacy



Primary service area:

Western and south Minnesota metro

Park Nicollet First with Medica

Features



- Access to Park Nicollet First primary or specialty care providers without referral
- 24/7 nurse phone line
- 24/7 online diagnosis and treatment for common conditions with Virtuwel.com®
- Access to SmartCare – Offers face-to-face, phone and video visits with a care team
- Appointment-guide text service CareWire™
- Phone number to connect patients with appropriate resources
- Vouchers for use toward valet or ramp parking, non-prescription items at Park Nicollet Health and Care Stores or meals at the cafeteria at Park Nicollet

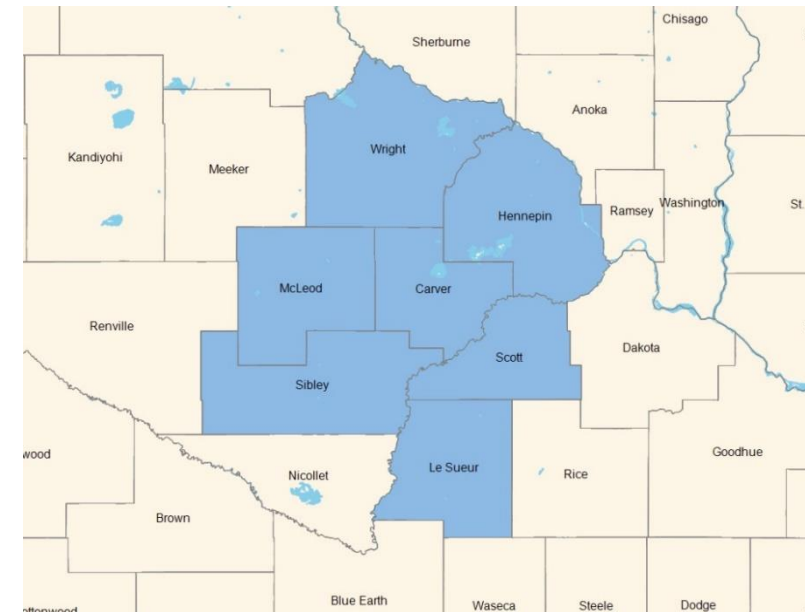
Ridgeview Community Health®

Powered by Medica

Ridgeview Community Health powered by Medica

Quick facts

- 300 physicians and nearly 2,000 medical and support staff
- 6 hospitals/medical centers
- 150+ specialty care clinics
- Medica's standard networks for chiropractic, behavioral health, pharmacy



Primary service area:

Western Minnesota metro

Ridgeview Community Health powered by Medica

Features

- 24/7 urgent care
- Same-day appointments at all primary care clinics
- Free primary care provider “meet and greet”
- Ridgeview eCare, online diagnosis and treatment services
- One-on-one personalized and group nutrition services
- Online tools to help member achieve better health
- CareWire® appointment reminders
- Network Navigator available to:
 - Answer questions about the network & services
 - Help locate a primary care provider
 - Facilitate communications between in-network primary and specialty clinics
 - Provide education on plan features



VantagePlus with MedicaSM

VantagePlus with Medica

Quick facts

- 3,500 primary and specialty physicians
- 650 clinic locations
- 12 leading hospitals
- Medica's standard networks for chiropractic, behavioral health, pharmacy



Primary service area:

Minnesota metro

VantagePlus with Medica

Features

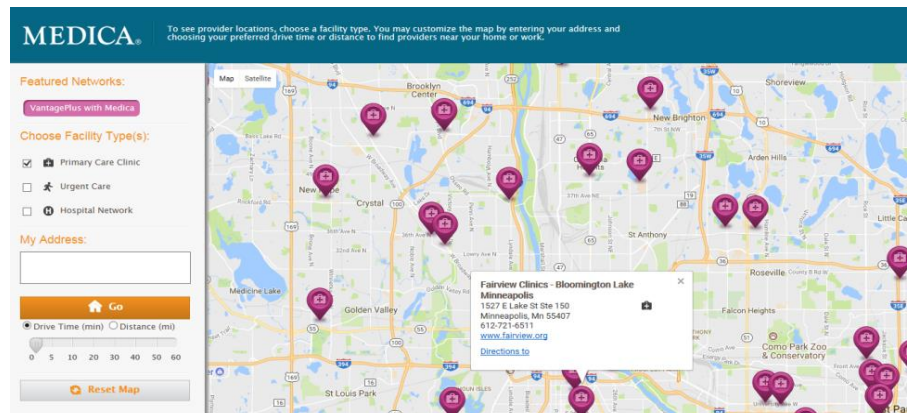
- Many options for care to meet member needs
 - 24/7 nurse line
 - Same-day primary care appointments
 - Walk-in care
 - Early morning, evening and weekend hours
 - Virtual visits with M Health providers
- One service number
- Personalized on-boarding gets members up and running quickly
- Access to medication therapy management (MTM)



VantagePlus with Medica

Enhanced consumer experience

ACO mapping tool



Unique email messages

VantagePlus with Medica

Welcome to a better-coordinated health care experience at a great value. As one of the largest accountable care organizations in Minnesota, VantagePlus provides access to the physicians you know and trust from Fairview, HealthEast and North Memorial and many popular independent clinics. This means you have access to more than 3,500 primary and specialty care physicians, 650 clinics and 12 hospitals.

Get the care you need, when you need it.

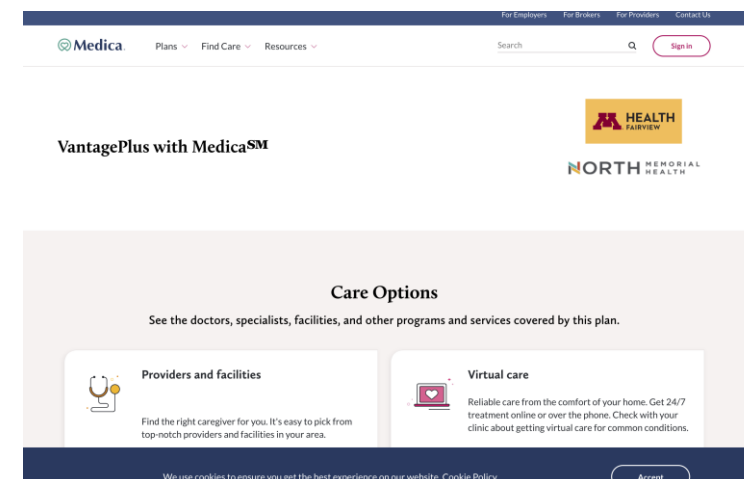
You have convenient options for getting the care that fits your needs. You can:

- Schedule a same-day appointment to see a primary care provider. Many clinics offer walk-in care, as well as early morning, evening and weekend hours.

Member onboarding & targeted outreach



Integrated website



Medica Elect®

Medica Elect[®]

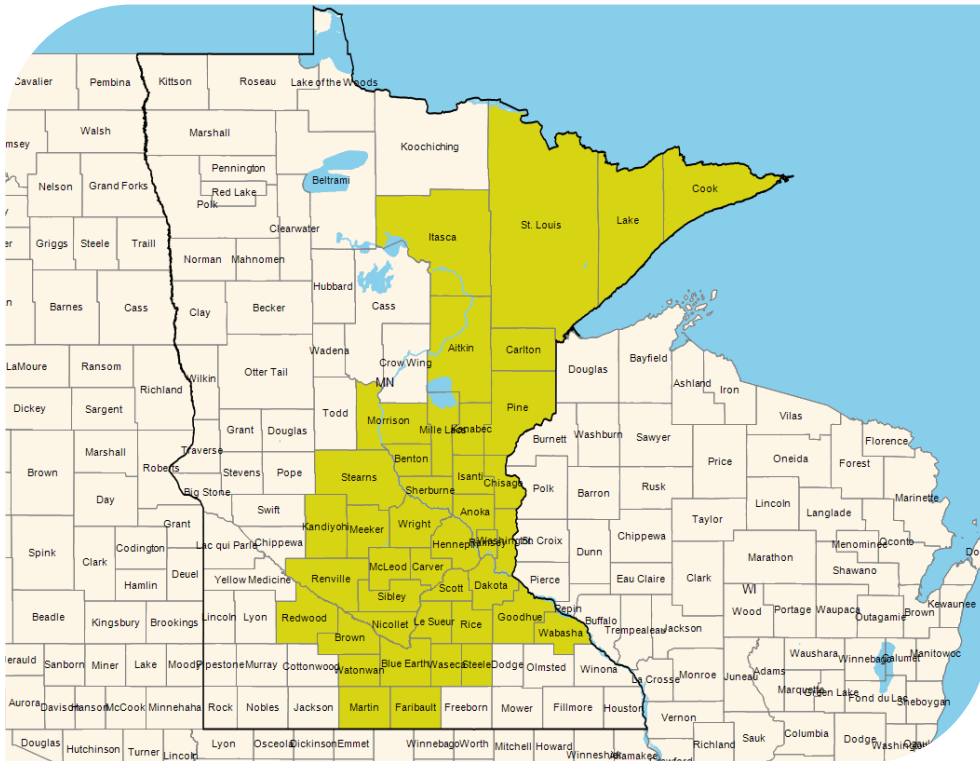
Medica Elect service area providers are available in Minnesota and Wisconsin.



Each family member chooses a primary care clinic. Primary care clinic coordinates care and referrals outside system	
>75K	Providers
>100	Clinics
>220	Hospitals
>790K	National providers
>5,700K	National hospitals
>68K	National pharmacies

Medica Elect®

Nine care systems



- Allina Medical Clinic
- Children's Health Network
- Hennepin Healthcare
- Integrity Health Network
- Lakeview Health
- Minnesota Healthcare Network
- Park Nicollet Health Services
- Riverway-North Suburban Clinics
- St. Luke's



Minnesota Healthcare Consortium

Participating Minnesota Service Cooperatives

THANK YOU

