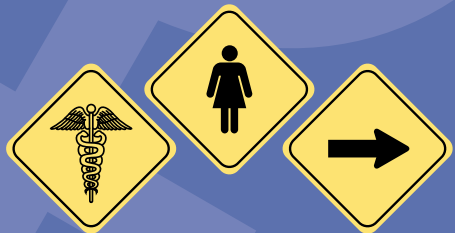




Women's Health – We Get It



A Woman's Guide to
Health Care Services
and Programs.

WOMEN'S HEALTH RESOURCES AT MEDICA



Medica offers its members many resources, services and programs that women find especially helpful in caring for themselves and their family members. These programs offer convenient, time-saving services; include clear and timely information; promote better health through high-quality health care; and support balance and well-being.

For further details, you may visit www.medica.com under "Member Resources" or call Medica at the customer service phone number on the back of your member ID card.



Help When and Where You Need It

Expanded OB/GYN, Pediatric & Mental Health Networks: Medica's Upper Midwest regional provider network overall includes 96 percent of area physicians, hospitals and clinics and other health care providers. Our mental health network consists of psychologists and psychiatrists specially trained to address eating disorders, domestic violence, infertility, grief, couples/marriage therapy, and substance/alcohol abuse and dependence, in addition to depression and mental illness.

MinuteClinic®: Twin Cities metro-area locations are available to diagnose and treat common medical illnesses. Get immunizations for your children, back-to-school checkups, strep throat cultures, etc.

Urgent Care: After-hours facilities offer diagnosis and treatment for medical emergencies (non-life threatening) when you can't wait until the next business day to be seen in your clinic.

Information at Your Fingertips

Online Health Information: Online resources are available with the *My Health Manager from MedicaSM* site, a state-of-the-art system that delivers a personal health center, interactive health improvement programs, integrated health risk assessment, online tools and trackers, health challenges, online seminars and a rewards program. It's available at www.medica.com. Members should check their health coverage to verify benefits.

Research more than 1,500 health and well-being topics through the Web site www.healthforums.com (linked from www.medica.com), which provides health and well-being news, resources such as interactive health tools, discussion groups, and live events, as well as fitness and other health information.

Health Information Library: The audio Health Information Library allows you to confidentially listen to recorded health and well-being messages. Simply call the *Medica CallLink®* nurse line at the toll-free number on the back of your Medica member ID card, then follow the prompts to speak to a nurse and ask to access the Health Information Library. Topics range from aging well to women's health, with approximately 1,100 different messages from which to choose.

Member Newsletters: Updates on programs available to members, plus health information and program phone numbers. Mailed to each household and also available online.

Medica CallLink® Nurse Line: A resource available to you 24 hours a day. Call the toll-free number on the back of your Medica member medical ID card to speak with an experienced registered nurse. You can ask health questions, learn self-care tips, or get information that can help you choose appropriate care for your situation. Referral specialists are available to help you find a physician or, if necessary, an urgent-care facility in Medica's provider network.

Online 'Find a Doctor' Search: Search Medica's Web site (www.medica.com) yourself for a nearby health care provider or facility according to your plan. You can specify distance willing to travel, gender of physician and language fluency preferred.

Quality and Safety Comparison Results: View how network clinics and hospitals compare on safety and quality-of-care measures. To view "Focus on Quality," go to www.medica.com and select "Focus on Quality" under the "Member Resources" drop-down menu.

Time-Saving Services

Pharmacy and Personal Care Mail-Order Service: Save with discounts on over-the-counter (OTC) medications and personal care products, including those for baby and feminine care. These items have no additional shipping charge when ordered along with prescriptions through Medica's pharmacy mail-order service. Medica's mail-order pharmacy program allows you to place refill orders for medications—including oral contraceptives—by touch-tone phone, by fax, or online. Through this mail-order program, you may order up to three months' supply of a medication, with several convenient features: you don't have to wait in line; you can have your medication shipped directly to you or to a vacation spot; and you might save on copayments. Check your health coverage to see if you have this benefit and to verify supply limits and copayments.

Preventive Health Checkup Checklist: An annual report is mailed to households indicating what tests, exams and/or immunizations are currently needed and those that will be necessary within the next 12 months. For each covered family



member, recommendations for immunizations and/or preventive health care needs are detailed based on age and gender. The report allows you to schedule appointments appropriately to maximize your time.

Programs for Your Health

Disease Management Programs: If you or a loved one is diagnosed with a chronic health condition, Medica has disease management programs that can help. Check your health coverage to see if you have this benefit. These programs enable qualified patients and their physicians and families to work together toward optimal care and improved quality of life:

- **Medica CorChoicesSM** – Targets four conditions: pediatric asthma, diabetes, congestive heart failure and coronary artery disease.
- **Medica AccordantCareTM** – Manages 14 neuro-musculoskeletal diseases, including multiple sclerosis, rheumatoid arthritis and lupus.
- **Health Advantage by MedicaSM** – Helps members manage depression through personalized interactions.

Medica's Healthy Pregnancy Program: Registered nurses specializing in maternal health provide pregnant members with education and resources to support a healthy pregnancy.

Tobacco-Cessation Program: Medica offers the nationally acclaimed *Free & Clear*[®] telephone-based counseling program to most Medica members. Nicotine replacement therapy medications (e.g., gum, patch, pill) may be prescribed by a physician. Members should check their health coverage to verify benefits.

Fitness and Weight Management: For commercial members, *Fit ChoicesSM by Medica* program includes monthly credit for participation at approved health clubs. For certain Medica senior members, the *SilverSneakers*[®] fitness program is available; seniors should check their health coverage to see if they have this benefit.

Online Health Management: Several healthy-living programs are available through the *My Health Manager from MedicaSM* Web site, including healthy recipes, tips for managing stress, nutrition information, and interactive health-risk assessments. This Web site also connects members to all of the “Programs for Your Health” listed above!

Mapping Solutions for Women

Listed below are health concerns for women and the Medica programs that can help prevent or manage a number of health conditions. To learn more about any of these solutions, call Medica customer service at the phone number on the back of your member ID card.

Key



Health condition



Medica prevention or management solution(s)



Cardiovascular Disease (CVD)

The number-one killer of American women, 1 in 3 female adults has some form of CVD. Nearly 39% of female deaths in the United States are due to CVD, which includes coronary heart disease, stroke and other cardiovascular diseases. Women are twice as likely as men to die from a heart attack.



- ▶ **Medica CorChoicesSM** (common conditions program)
- ▶ **Preventive Health Checkup Checklist** (cholesterol testing)
- ▶ **Free & Clear[®]** (smoking cessation program)
- ▶ **Fit ChoicesSM by Medica and SilverSneakers[®]** (exercise programs)



Breast Cancer

The leading cause of death in American women 40-55 years of age. The lifetime risk of developing breast cancer is 1 in 8.



- ▶ **Preventive Health Checkup Checklist** (mammogram)



Lung-Bronchus Cancer

The most common cancer among women. The prevalence of smoking among young women is increasing.



- ▶ **Free & Clear[®]** (smoking cessation program)



Colorectal Cancer

The third leading cause of cancer deaths in American women.



- ▶ **Preventive Health Checkup Checklist** (colorectal cancer screening)



! Cervical Cancer

Second to breast cancer as the most common malignancy found in women.



▶ **Preventive Health Checkup Checklist** (Pap test)

! Diabetes

8.7% of American women over 20 years of age have diabetes and one-third don't even know it. Deaths from heart disease in women with diabetes have increased 23% over the past 30 years. 2 to 5% of women develop gestational diabetes during pregnancy, placing them at higher risk to develop Type 2 diabetes later in life.



- ▶ **Medica CorChoicesSM** (common conditions program)
- ▶ **Preventive Health Checkup Checklist** (preventive health exam)
- ▶ **Free & Clear[®]** (smoking cessation program)
- ▶ **Fit ChoicesSM by Medica and SilverSneakers[®]** (exercise programs)

! Depression

An estimated 12% of women in the United States experience a major depression during their lifetime. Women with depression frequently experience guilt, anxiety, increased appetite and sleep, weight gain and co-morbid eating disorders.



▶ **Health Advantage by MedicaSM** (depression management program)

! Autoimmune Diseases

Approximately 75% of autoimmune diseases occur in women, representing the fourth largest cause of disability among women in the United States. These diseases are more common in women than men: Multiple Sclerosis (MS), Systemic Lupus Erythematosus (SLE), Rheumatoid Arthritis and Scleroderma.



▶ **Medica AccordantCareTM** (condition management program)

! Pregnancy

This condition requires prenatal care to avoid complications and risks to the mother and baby.



▶ **Medica's Healthy Pregnancy** program (nurses provide education from prenatal through post-partum)

! Osteoporosis

More than half of women over 65 years of age suffer from this disorder, characterized by the thinning and increasing brittleness of the bones that can lead to a bone fracture.



- ▶ **Preventive Health Checkup Checklist** (preventive health exam)
- ▶ **Fit ChoicesSM by Medica and SilverSneakers[®]** (exercise programs)

هذه المعلومات إتصل بالرقم الموجود على ظهر بطاقة
إذا كنت تحتاج مساعدة مجانية في ترجمة هذه المعلومات
التعريف الطبية الخاصة لك Medica

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Если вам нужна помощь в переводе этой
информации, позвоните по номеру,
указанному на обратной стороне вашей
медицинской карточки плана Medica.

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Si usted desea ayuda gratuita para traducir
esta información, llame al número de
teléfono situado al reverso de su tarjeta
de identificación de Medica.

Nếu quý vị muốn được giúp đỡ dịch tài liệu này miễn
phí, xin gọi số ghi ở mặt sau thẻ Medica của quý vị.

*If you want free help translating this information,
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