LET’S GET STARTED

We’re pleased to offer you health coverage through Grand Forks Public Schools beginning Sept. 1, 2018. The more you know about your health plan, the easier it will be to make smart choices. Here’s a quick look at what you can expect.

About Medica

Medica is an independent, non-profit health insurer based in Minnesota. We’ve been providing health coverage and services for 43 years and serve approximately 1.2 million members today. We provide programs and services that help you understand your coverage, manage your health and make the most of your plan.

As a Medica member, you’ll have access to an experienced customer service team to answer questions, explain your claim or bill or find a health care provider in your network.

Your Medica Plan Options

During the coming months, you’ll learn more about your Medica plan including your network options, pharmacy benefits, health & wellness programs and more.

FREQUENTLY ASKED QUESTIONS

WHAT TYPES OF NETWORKS WILL BE OFFERED?

You will choose from two provider networks.

Altru & You with Medica™

Accountable care organization network

Altru & You with Medica is an accountable care organization that offers you access to a leading health care provider, at a lower cost. The plan provides access to more than 40 primary care clinics, 17 hospitals in northeastern North Dakota and northwestern Minnesota. Members also have access to multiple specialty care centers, including Altru Cancer Center, Altru Advanced Orthopedics, Sanny & Jerry Ryan Center for Prevention & Genetics, and Yorhom Medical Essentials.

What are the features?

» A comprehensive network of providers in northeastern North Dakota and northwestern Minnesota.
» Nationwide coverage when you travel.
» No referrals needed when you visit an Altru & You provider.

What’s unique?

In addition to your plan coverage, this ACO includes:

▪ Direct access to specialists. See any primary or specialty care provider in the Altru & You network without a referral.
▪ Online care right from your home or hometown. Use your computer or mobile device to connect with an Altru provider for an e-visit to treat a non-urgent problem. Or, go to your hometown health facility for a video visit with an Altru specialist at another location.
If your current provider is not in Medica’s network, there are times when you may be able to continue care with your provider and still receive in-network benefits. This is called “continuity of care.” You may request an extension of up to 120 days or for the rest of your life if your life expectancy is 180 days or less.

Continuity of care may apply if, for example,

- Have been diagnosed with a terminal condition;
- Are undergoing a course of chemotherapy or radiation therapy;
- Have received a recent transplant or are eligible to undergo a transplant;
- Are in the second or third trimester of pregnancy;
- Have an acute (brief but severe) condition;
- Are experiencing a life-threatening mental or physical illness;
- Have a physical or mental disability that prevents you from engaging in major life activities and lasts for at least one year;
- Are currently experiencing an acute episode related to a chronic disease such as multiple sclerosis (MS), congestive heart failure, or HIV/AIDS or other chronic or disabling condition(s);
- Have talked with a provider about your specific condition in the past 90 days;
- Have a cultural need that can only be met by a provider with a special expertise in that culture; or,
- Do not speak English.

If one of the above applies to you, call 855-857-2045 to request continuity of care.

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**Medica Choice® Passport**

**National network**

The Medica Choice Passport network is a national network with hundreds of thousands of providers throughout the country.

**What are the features?**

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

**What’s unique?**

In addition to your plan coverage, this network includes:

- **Providers from many different care systems and hospital affiliations.** If it’s important to have access to a wide range of doctors and facilities across the country, Medica Choice Passport is an excellent choice.

- **Nationwide coverage.** No matter where you live in the U.S., you have access to network providers. And you’re covered when you travel, too.
- **Direct access to specialists.** See any provider in the network without a referral.

To find a provider, go to WelcomeToMedica.com/GFSchools.

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**WHAT IF MY CURRENT PROVIDER ISN’T IN MEDICA’S NETWORK?**

If your current provider is not in Medica’s network, there are times when you may be able to continue care with your provider and still receive in-network benefits. This is called “continuity of care.” You may request an extension of up to 120 days or for the rest of your life if your life expectancy is 180 days or less.

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- Do not speak English.

If one of the above applies to you, call 855-857-2045 to request continuity of care.
WHAT HEALTH AND WELLNESS PROGRAMS ARE AVAILABLE WITH MY PLAN?

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.

24-Hour Health Support

Trusted answers 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 advisors and 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).

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. Once your plan starts, log on to mymedica.com and choose the Health & Wellness tab to get started.

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.

HOW WILL MY PRESCRIPTION DRUGS BE COVERED WITH MEDICA?

Your Medica plan will cover a variety of prescription drugs and includes options for filling your prescriptions. You’ll have access to more than 64,000 pharmacies nationwide — including chain pharmacies (Walgreens, CVS Pharmacy, etc.) and independent, neighborhood pharmacies — to fill your prescriptions. To view your prescription benefits, go to WelcomeToMedica.com/GFSchools.

Need more information?
Visit WelcomeToMedica.com/GFSchools.