



Convenient Care on Your Time

August marks the end of summer and when many of us are out enjoying the last few days of fun in the sun. From swimming in the pool or lake to biking and hiking on the trails, it's the perfect time to enjoy time with friends and family. But sometimes outdoor fun can end with a visit to an [urgent care center](#).

Urgent care centers are staffed with doctors who treat common illnesses and injuries, such as:

- Sprains
- Minor broken bones
- Mild asthma attacks
- Minor infections and rashes
- Small cuts
- Flu-like symptoms
- Sore throats

An urgent care center offers same-day care and is typically open weeknights, weekends and/or holidays—and you don't need an appointment. If you or your child's injury or illness is life threatening, go to an emergency room or call 911 right away.

Visit medica.com/findadoctor and choose your plan to find an urgent care center in your network.

To learn more about your care options, see the “[When and where to get care](#)” tip sheet or call the [Medica CallLink Nurse Line](#)*.

*Medica CallLink® nurse line is not available with all Medica plans. Check with your employer or contact Customer Service at the number listed on the back of your ID card.

Family Health History

Getting to know your [family health history](#) is an important step in creating a healthier future for you and your loved ones. Talk with your family to learn more about diseases and other health conditions present in your family tree. Your family health history can help your doctor take better care of you by knowing if you have a higher risk for certain diseases. It can also help your doctor detect early warning signs for chronic diseases like cancer, diabetes and coronary heart disease.

The Centers for Disease Control and Prevention and the U.S. Surgeon General partnered together to design a handy web tool called [My Family Health Portrait](#). Create your Family Health Portrait and share it with your family and doctor to help you stay healthy.

Your Medica ID Card

When you become a Medica member, you’ll receive an ID card in the mail. Your Medica ID card is a must-have when you need care. Remember to carry it with you at all times. Many clinics, hospitals and pharmacies ask to see your card each time you receive care or services, including emergency care.

See the “[Your Medica ID card](#)” tip sheet for information about how to read your member ID card.

If you have questions, call Customer Service at the number on the back of your ID card.

Did You Know?

My Health Rewards – New Videos Available

Check out the new My Health Rewards videos online now. Stay on track this summer with health and wellness tools available through My Health Rewards.

Journeys video: Interactive online activities that focus on health topics.

Track video: Track your activities in multiple ways and earn reward points.

Go to mymedica.com and click on the “Health and Wellness” tab to get started.

Share Your Medica Moment and Win!

We're listening. Follow us on Facebook at Medica4Me and share your Medica moment in the Reviews section for a chance to win a gift card! Winner will be notified via Facebook.

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