



Care on Your Time

Traveling? Can't find time to get to your doctor's office? Need care after hours? Virtual care, also known as online care or an e-visit, is a convenient way to get care for many common conditions. Connect with a provider from your computer or mobile device to get a diagnosis, treatment plan and prescription (if needed).

Get care for common conditions like:

- Allergies
- Bladder infection
- Cold and cough
- Ear pain
- Flu
- Pink eye
- Rashes
- Sinus infection

With a virtual care visit, you:

- Save time – avoid a trip to the doctor's office and get care from the comfort of your home, work or wherever you are.
- Initiate the visit at your convenience – no appointment needed.
- Get care when you need it – visits are often available after clinic hours, sometimes even 24/7.
- May save money – a virtual care visit may cost less than a regular visit to the doctor's office, depending on your plan.*

You can access virtual care through providers in your plan's network. Find your options for virtual care at medica.com/findadoctor.

*To check your plan's coverage for virtual care, log on to mymedica.com, select *Look Up My Benefits* and click on *Coverage Documents*. Look for "virtual care" under the *Physician Services* section. Or call Customer Service at the number on the back of your Medica ID card.

Opioid Use: What You Need to Know

Opioids are extremely powerful medications. They're often prescribed by doctors to treat pain after surgery, an injury, or for conditions like cancer. However, there's been a dramatic increase in the acceptance and use of these drugs for treating chronic pain, such as back pain. Living with chronic pain can be challenging but it's essential you know the possible risks and complications when taking opioids.

Major risks associated with opioids, according to the [Centers for Disease Control and Prevention](#), include:

- Tolerance – over time, you might need to take more of the drug for the same amount of pain relief
- Addiction – up to 1 in 4 people become addicted to opioids after taking them long term
- Dependence – having withdrawal symptoms when you stop taking them
- Death – nearly half of all opioid overdose deaths involve a prescription opioid like methadone, oxycodone (OxyContin) and hydrocodone (Vicodin)

It's important to talk with your doctor about all the possible side effects and to make sure you're getting the safest and most effective care. You may have other options to help manage pain that have fewer risks and side effects.

When you're done taking your prescription, please remember to safely dispose of any unused amounts. Learn more on the [Food and Drug Administration website](#), plus learn about the [National Prescription Drug Take-Back Day](#), April 29, 2017.

Bone Health

You're never too young or old to find ways to help build strong and healthy bones. Our bones are vital to protecting the brain, heart and other organs from injury. Did you know that your bones are continuously changing? That's why it's important to take good care of them at any age.

To help keep your bones healthy, follow these tips from the [National Institutes of Health](#):

- **Include calcium in your diet.** Dairy products, almonds, broccoli, kale and salmon are all great sources of calcium. For adults ages 19 to 50 and men ages 51 to 70, the recommended dietary allowance is 1,000 mg of calcium a day. For women after the age of 50 and men after the age of 70, the recommendation goes up to 1,200 mg per day.
- **Vitamin D is your friend.** To absorb calcium, you need vitamin D. Excellent sources of vitamin D include fish (tuna or salmon), cheese, egg yolks, fortified milk and sunshine. For adults ages 19 to 70, the recommended dietary allowance is 600 international units (IUs) a day. The recommendation increases to 800 IUs per day for adults age 71 and older.

- **Add physical activity to your daily routine.** Go for a walk, hike or climb some stairs. It's good for your mental health and helps improve your bone health.

It's always a good idea to talk to your doctor if you're concerned about your bone health or risk factors for [osteoporosis](#).

Did You Know?

Our Premium Designation program can help you make informed decisions about the doctors you choose. This program evaluates doctors in various specialties using evidence-based medicine and national standardized measures to help you find quality and cost-efficient providers.

To find doctors who've been rated for quality and cost-efficient care, simply look for the hearts after their names when you use our online provider search tool at medica.com/findadoctor.

MEDICA®
Personalize. Empower. Improve.

The information presented in 4members is not medical advice and is not specific to your plan. Please contact your healthcare provider with questions related to your health. For questions about your benefits and coverage, see your coverage document on mymedica.com. If the information in 4members conflicts with your plan document, your plan document is always correct.

©2017 Medica. Medica® is a registered service mark of Medica Health Plans. "Medica" refers to the family of health plan businesses that includes Medica Health Plans, Medica Health Plans of Wisconsin, Medica Insurance Company, Medica Self-Insured, and Medica Health Management, LLC.