



New Pharmacy Mobile App and Website

We made important changes to your pharmacy program on **Jan. 1, 2017**. This change helps keep health care costs as low as possible, while continuing to make sure you have access to safe, affordable and effective prescriptions.

Please take advantage of your new pharmacy tools and resources. You can:

- **Download the free mobile app.** This new pharmacy app helps you save money and manage your prescription benefits on the go. You can download the free CVS Caremark™* app from the Apple Store or Google Play. (Learn more in this [PDF](#).)
- **Log on to mymedica.com to access your new pharmacy information.** Choose the *Pharmacies & Prescriptions* tab and navigate to the new CVS pharmacy tools through the links “See what drugs are covered and compare prices at local pharmacies,” “Find a pharmacy near you,” and “View your prescription claims.”
- [Watch this video](#) to learn more about the mobile app and website.

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

*CVS Caremark administers Medica's pharmacy program.

New and Improved Food Labels

Good news—food labels are getting their first real makeover in more than two decades. The U.S. Food and Drug Administration know people are eating differently today. We want to know what's really in the food we eat. This new label will make it easier to eat healthier and be better informed about our food choices.

Here's a look at five key changes:

1. **Calories:** Total calorie count is highlighted in bold and a larger type size than all the other nutrition information.
2. **Serving sizes:** Reflect what people really eat and drink versus what the food company thinks is a reasonable amount.
3. **Added sugars:** New category to help people understand how much sugar is added to food versus how much sugar is naturally in the food.
4. **Vitamin D and potassium:** Some people are not getting enough of these nutrients so they have added them to the label. Vitamins A and C will no longer be required on the food label since most of us are not deficient in these nutrients.
5. **Sodium and dietary fiber:** New recommendation calls for up to 28 grams of fiber per day, so if a food contains 5 grams of fiber, the new label will list 18 percent for the percent daily value. For sodium, the new percent daily value will be a maximum of 2,300 mg a day.

Take a look at the fresh [new food label design](#) and learn more about the link between diet and chronic diseases. You'll start seeing the new food label on many items soon but it's not required to be on all food packaging until July 26, 2018.

Heart Health

Heart disease is the leading cause of death for both men and women in the United States. Chances are you know someone impacted by heart disease—family, friends or co-workers. In honor of Heart Health Month, find ways to live heart healthy and lower your risk of developing heart disease.

Ways to prevent heart disease:

- Be active
- Eat healthy
- Manage stress
- Get more sleep
- Quit smoking and stay away from secondhand smoke
- Control your cholesterol and blood pressure
- Drink alcohol in moderation

Visit the National Institutes of Health website for [tips and tools](#) to lower your risk for heart disease.

Did You Know?

Mymedica.com is your one-stop resource for all kinds of information to help manage your health plan benefits and improve your health. You can track your claims, order ID cards, see which drugs are covered and more. Just log on to mymedica.com. Smartphone users can access a mobile version of the site.

If you have questions about **mymedica.com** or your benefits, call Customer Service at the number on the back of your Medica ID card.

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