



Simple Ways to Stay Hydrated

Drinking plenty of fluids (especially water) has real advantages when it comes to your health and well-being. Not only does it help maintain your energy, but it also keeps you focused and more alert.

Easy ways to fuel up with fluids during the day:

- Keep a reusable water bottle with you at all times (at work, in the car, on a walk) so it's convenient and a visual reminder to drink, even if you're not thirsty.
- Grab a glass of cold water when you're feeling tired or stressed. It's a simple way to reenergize and snap out of a midday slump.
- Eat foods high in water content such as fruit, vegetables and yogurt.
- Enjoy a cup of tea (decaffeinated) to help you relax before bedtime.

Staying hydrated is extremely important if you are exercising or enjoying the outdoors in the heat. Be sure to drink extra fluids and take a break when needed. Dehydration can happen quickly when it's hot or humid so take extra steps to replenish fluids.

Coverage When You Travel

When you travel outside the Medica service area* you can get network coverage by visiting a provider in the Travel Program Network. (Passport members can receive network coverage by seeing a provider in their plan's nationwide network.) This nationwide network is one of the largest in the country. If you have children attending college outside the service area, they can use this network, too.

Receiving care from a Travel Network provider is just like getting care within the Medica service area. When you visit a provider, simply show your member ID card. If you have a deductible, copayment or coinsurance, it will apply. Travel Network providers will file claims for you, so you won't have any additional paperwork.

Keep in mind:

- Emergency care is always covered at your network benefit level.
- If you travel inside the Medica service area and see a provider outside your plan's network, your out-of-network benefits will apply.
- Chiropractic care isn't included in the Travel Program. If you see a chiropractor outside the Medica service area, your out-of-network benefits apply.

To find a Travel Network provider, clinic or hospital, visit medica.com/findadoctor and select Travel Program Network. If you have questions, call Customer Service at the number on the back of your ID card.

**The Medica service area includes Minnesota, North Dakota, South Dakota and western Wisconsin.*

Beat the Heat with a Healthy Treat

Cool down this summer with a refreshing fruit smoothie. Smoothies made with fruit are loaded with antioxidants to help your body fight aging, cancer and heart disease. It's also an ideal post-workout drink to help your muscles recover after exercise.

Summer Breeze Smoothie

(3 servings)

Place the following ingredients in a blender and puree until smooth:

- 1 cup plain, nonfat yogurt
- 6 medium strawberries
- 1 cup crushed pineapple (canned, unsweetened, in juice)
- 1 medium banana
- 1 teaspoon vanilla extract
- 4 ice cubes

Preparing [healthy snacks and meals](#) with your family can be a fun and creative way to enjoy time together.

Recipe Source: [Heart Healthy Home Cooking African American Style](#)

Did You Know?

You pay less out of your own pocket when you get care from providers in your plan's network. We negotiate with these providers so you receive health care services at a discounted rate, saving you money. See the [Out-of-Network](#) tip sheet to see how much more it costs you to visit providers outside your network. To find network providers, go to medica.com/members and enter your Medica plan name.

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