

ADDITIONAL BENEFITS

Hearing Benefits Through Medica

If hearing loss is affecting your quality of life, Medica partners with leading hearing-care providers to offer valuable discounts, support, and protection.

Start Hearing provides savings on the latest hearing aid technology along with additional member benefits, including a three-year supply of batteries at no cost, free aftercare for one year, a 60-day risk-free trial, and a no-cost warranty for repairs, loss, and damage. Flexible financing options are also available. Learn more or schedule an appointment at 1 (855) 687-4924 or StartHearing.com/partners/medica.

Start Hearing also offers **SoundGear** hearing protection, designed to reduce harmful noise from tools and machinery while still allowing natural sound awareness. Visit 1 (844) 954-1828 or SoundGear.com for details.

Amplifon, with more than 25 years of experience in personalized hearing solutions, offers Medica members average savings of 64% on hearing aids, a two-year supply of batteries or a no-cost recharging station, one year of follow-up care at no cost, a 60-day risk-free trial, and three-year coverage for loss and repairs. Find out more or schedule an appointment at 1 (888) 831-4388 or AmplifonUSA.com/Medica.

Ovia Health

Ovia Health offers personalized support for women's and family health, guiding you through fertility, pregnancy, parenting, and menopause. Through the Ovia and Ovia Parenting apps, you'll get symptom tracking, evidence-based content, milestone updates, benefits information, and unlimited one-on-one messaging with Ovia's team of nurses, health coaches, and midwives. Medica members also receive support for return-to-work planning and a dedicated Ovia advocate. Get started by downloading the Ovia apps and selecting "**I have Ovia Health as a benefit.**" For help, call Member Services at the number on your Medica ID card (TTY: 711).

Proximal

Proximal provides members with a supplemental benefit—up to \$1,500 paid directly to them—when they choose a top in-network provider for a covered hospitalization or serious illness. The program uses dozens of publicly available quality rankings to identify highly rated providers for conditions such as cancer, severe autoimmune disease, inpatient medical or surgical stays, and many same-day procedures. Proximal helps members make informed care decisions while potentially lowering overall costs. It's included with eligible Medica health plans, with no change in coverage needed. For more information visit about.proximal.com.

My Health Rewards by Medica

Track healthy habits, complete wellness activities, and earn rewards you can redeem for e-gift cards, fitness products, or donate to charity. Use the Personify Health app to log activity, connect your fitness tracker, and stay on top of preventive care. Create or sign in to your account at Medica.com/MyHealthRewards or through the app. For help, email MyHealthRewards.Support@PersonifyHealth.com or call 1 (833) 450-4074.

Omada

Omada provides personalized digital support to help reduce the risk of Type 2 diabetes and heart disease. The program includes one-on-one coaching, a wireless scale to track progress, peer support, and evidence-based lessons that build healthy habits around nutrition, activity, sleep, and stress. It's designed for individuals who are overweight and have risk factors such as high cholesterol, hypertension, prediabetes, obesity, dyslipidemia, or tobacco use. To learn more, contact your broker or Medica sales at 1 (800) 371-1613.

Travel Assistance

The Mutual of Omaha Travel Emergency Assistance Program connects you to and other services if you experience a medical or non-medical emergency while traveling. Services include telephonic translator services, locating legal services, emergency payment, document replacement, and much more!

