



ACCOUNTABLE CARE ORGANIZATION PLAN DETAILS

# Essentia Choice Care with Medica<sup>SM</sup>

# About Essentia Choice Care

Essentia Health and Medica have created a unique network that offers members quality care, patient satisfaction, and affordable costs. Essentia Choice Care with Medica provides access to 14 hospitals, over 78 clinics, and more than 2,200 physicians and advanced practitioners in northeastern and western Minnesota, North Dakota, and northwestern Wisconsin.



## What is an Accountable Care Organization?

Accountable care organizations (ACOs) are networks or teams of health care providers (such as clinics, hospitals, doctors, and specialists) that partner with us to make health care more efficient and improve the member experience. The network may be smaller than our other open access networks, but the benefits are bigger and better.

### ACOs deliver results

**Costs** – up to 20% cost savings compared to open-access products

**Clinical quality** – better member engagement and care coordination

**Care** – higher rates of satisfaction with care that focuses on quality and prevention resulting in healthier habits and better health

**Consumer experience** – 97% of members renew into an ACO product\*

\*Results based on 2022 enrollment

ACO members also experience reduced number of emergency room visits, fewer hospital readmissions, and greater use of affordable drug options.

### Travel Program Network

When traveling outside of the Medica service area (Minnesota, North Dakota, South Dakota, and western Wisconsin), members are covered by the Travel Program Network, one of the country's largest travel networks. If members have children attending college outside the service area, they can use this network, too. Emergency care services for students seeking care outside the ACO service area but within Medica's service area will be covered at the in-network benefit level. For other health care services, they will need to access care from an ACO network provider for in-network benefits to apply.

# The **Essentia Choice Care with Medica** experience

Our approach is simple: We raise the level of care while lowering the cost for you and your employees — all while providing exceptional customer service and support.

## **One phone number**

A single phone number to make it easy for members to ask about benefits, billing, care, and coverage, and to make appointments with an Essentia Health provider.

## **Nurse care line**

Essentia Health nurses can help members with health questions, 24/7/365.

## **Direct access to specialists**

Members may see any primary or specialty care provider in the Essentia Choice Care network.

## **Get a 20% exclusive member discount at Essentia Health Skin Renewal locations**

From treatment for blemishes to concerns about signs of aging skin, Essentia skin renewal specialists offer product and treatment options in Detroit Lakes, Duluth, and Fargo.

## **Member advocate**

High-risk members have access to a health care advocate to help them navigate the complex health care system from clinical to financial support.

## **High blood pressure support**

Members experiencing high blood pressure, including high-risk pregnancy, can work with our care management team for clinical guidance — and get a complimentary blood pressure cuff to use at home.

## **Improving health care outcomes**

Health coaches can help members improve their health and manage chronic conditions like diabetes and high blood pressure.

## **Medication Therapy Management (MTM)\***

Essentia can provide an onsite or virtual consult with a pharmacist to make sure members get safe, effective, and affordable medication therapy.

*\*MTM services are available for an additional fee*

## **Online care options**

Members can connect with Essentia Health providers online through a computer or mobile device for medication refills, virtual care appointments, and urgent care visits.

## **Worksite flu vaccination clinics**

Essentia can provide flu vaccination clinics at your workplace or wherever you choose.



## **When it comes to health care, everyone wants choices**

If Essentia Choice Care with Medica is not the right fit for an employee, they have the option to choose Medica Choice® Passport, which is an open access plan that offers a large network of providers nationwide. Regardless of their choice, employees have access to quality care, and they can pick a plan that gives them the care, ease of use, and cost savings that they want.



# Choose Essentia Choice Care with Medica

## Minnesota Hospitals

- **Big Fork Valley Hospital**
- **Community Memorial Hospital**  
Cloquet
- **Cook Hospital**
- **Ely Bloomenson Hospital**
- **Essentia Health Hospitals**
  - Ada
  - Deer River
  - Duluth
  - Fosston
  - Moose Lake
  - Sandstone
  - Virginia

- **Essentia Health - Holy Trinity**  
Graceville
- **Essentia Health - Northern Pines**  
Aurora
- **Essentia Health - St. Joseph's Medical Center**  
Brainerd
- **Essentia Health - St. Mary's Hospital**  
Detroit Lakes
- **Rainy Lake Medical Center**  
International Falls
- **St. Francis Medical Center**  
Breckenridge
- **St. Joseph's Area Health Services**  
Park Rapids
- **University Medical Center Mesabi**  
Hibbing

## North Dakota Hospitals

- **CHI St. Alexius Health Medical Center**  
Bismarck
- **Essentia Health Hospital**  
Fargo
- **Lisbon Area Health Services**

## Wisconsin Hospitals

- **Essentia Health - St. Mary's Hospital**  
Superior
- **Hayward Area Memorial Hospital**
- **Memorial Medical Center**  
Ashland
- **Spooner Health System**

Visit [Medica.com/EssentiaForEmployers](https://www.Medica.com/EssentiaForEmployers) to see a current and complete listing of providers and hospitals.



**Have questions? We're here to help.**

To learn more, contact your broker or Medica Sales at **1 (800) 371-1613** (TTY: 711).