

# MEDICA MEMBERS GET HEALTHY SAVINGS.

The Medica Healthy Savings program is available exclusively for Medica members. Healthy Savings helps your family eat healthy and save more than \$50 a month on all kinds of qualified foods. It's almost like getting a free trip to the grocery store every month.



Each week, you'll receive an email with featured offers; they're already loaded onto the Healthy Savings card. You can shop for the weekly healthy food promotions offered at any of our participating grocery stores. You can customize grocery lists, and even use a smartphone in the store to find the specials you want.



Scan the Healthy Savings card at checkout and save instantly on healthy foods in every food group—dairy, fruit, vegetables, proteins, and grains.



Healthy Savings allows you to save on foods that help you take charge of your health and achieve health goals. For example, you can use Healthy Savings promotions for foods that help you keep your weight in line, and even get cholesterol under control.

Medica members who live near participating stores will be automatically enrolled in the program, and receive a Healthy Savings member card. There's no extra cost for Healthy Savings; it's just another benefit of being a Medica member. The program empowers you to eat healthy, improve health, and save money. And giving you the most value from your health plan is what Medica is all about.

Visit [medica.com/healthysavings](https://medica.com/healthysavings) for more information.

**Buy healthy. Eat healthy. Be healthy.**



**HEALTHY SAVINGS**  
My Health Rewards by  
MEDICA®