



## Altru & You with Medica

*Prevention and Wellness Offerings*

MEDICA®

The logo for Altru Health System, featuring a stylized white cross symbol to the left of the word "Altru" in a bold, sans-serif font. Below "Altru" is the text "HEALTH SYSTEM" in a smaller, all-caps, sans-serif font.



*As a member of Altru & You with Medica, you can receive discounts on a variety of services offered by Altru Health System.*

*Plus, when you participate in many of these programs, you may be eligible to earn points that you can redeem for gift cards. Learn how in the My Health Rewards by Medica® flier included with your welcome packet.*

## **HEALTH COACHING**

A certified health and wellness coach will guide individuals through a lifestyle change program that fits their needs. Areas of focus include: nutrition, fitness, stress, sleep and lifestyle choices.

Member Discount: 50% off

- » Package includes a 90-minute consultation with a health and wellness specialist and three 45-minute follow-up sessions. Any additional sessions are also available at 50% off.

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## **BODY COMPOSITION ANALYSIS**

The InBody® test provides a comprehensive, detailed body composition analysis.

Member Discount: Free

*\*One offer per member per year.*

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## **BIOMETRIC SCREENING**

My BioCheck® provides individuals with their biometric measures report card that shows cholesterol, diabetes risk, blood pressure and weight.

Member Discount: Free

*\*One offer per member per year.*

## ALTRU'S WEIGHT MANAGEMENT PROGRAM

Altru's Weight Management Program offers solutions for weight loss, weight management and lifestyle change. A team of medical providers, dietitians and health and wellness specialists offer a comprehensive program to guide participants through a healthy and safe weight-loss process.

### GROUP

Member Discount: 50% off

- » This program includes an initial assessment, six months of group classes with a dietitian and health and wellness specialist and four follow-up visits after program completion. Meal replacements might also be offered, but are not included in the member discount.
- » You'll also have a consultation and follow-up visit with a medical provider. In most cases, these visits are covered under your Medica plan's office visit benefit. The provider may also order lab tests, which would be covered under your lab benefits. For details about your plan's benefits, see your coverage document on [mymedica.com](http://mymedica.com) or call Customer Service at 855.400.9652.

### INDIVIDUAL

Member Discount: 50% off

- » Includes the same services as the group option; however, instead of weekly lifestyle change group classes, you schedule a weekly one-on-one lifestyle change session alternating with a dietitian and health and wellness coach. Meal replacements might also be offered, but are not included in the member discount.

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## ADDITIONAL OFFERS

- » 10% off retail products at Sanny & Jerry Ryan Center for Prevention & Genetics

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*To receive these discounts, please present your Medica ID card at your appointment.*

**For more information or to schedule an appointment, please call 855.400.9652. If you are located outside of Grand Forks, ask us about virtual options for these offers.**

Altru Health System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our website at [altru.org](http://altru.org). ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.800.732.4277. ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1.800.732.4277. LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1.800.732.4277.

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