

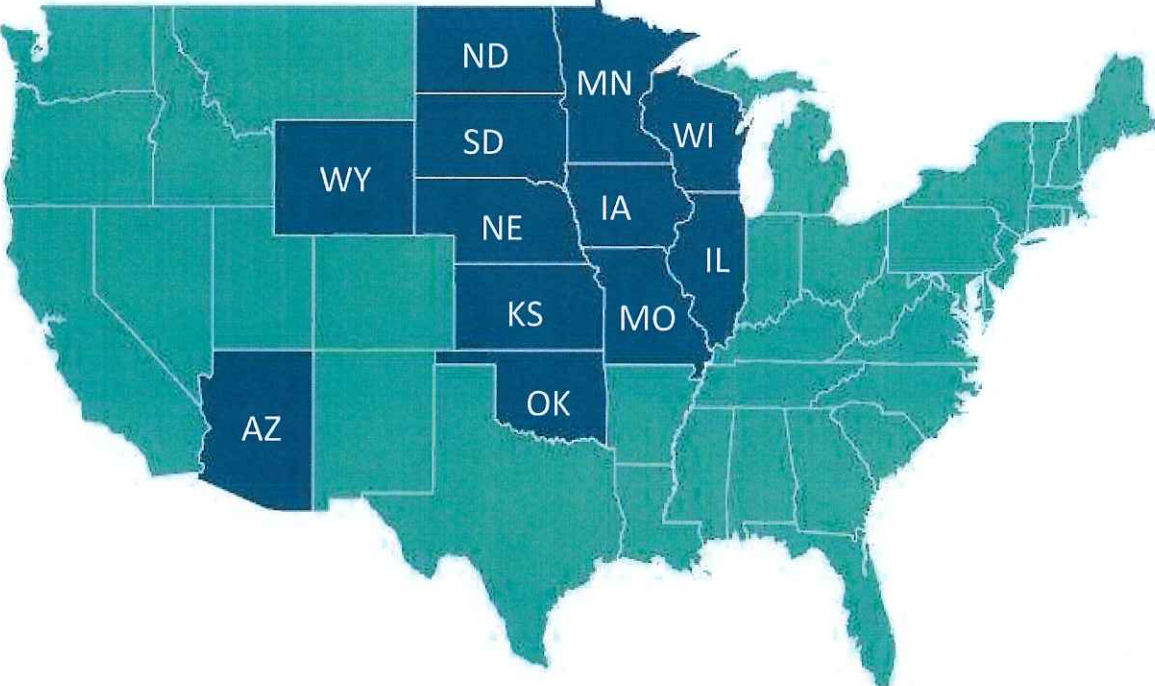
# Medica Overview



3,000 team members

**Not-for-profit**

Our focus is on the communities we serve



**\$6.0 billion**  
Annual revenue

**Medica Foundation**

Support for customers and the greater community

12 states

24 Accountable Care Organizations (ACOs)

Nearly **1.5 million members**

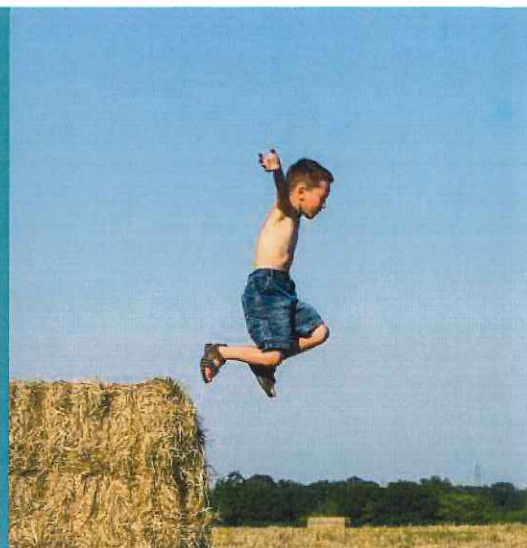
**177,000**  
Individual and Families

**246,000**  
Medicare & Medicaid

**1,000,000**  
Commercial

# Investing for a healthier Nebraska

Social impact report: 2021



**One of our core beliefs at Medica is that everyone deserves the opportunity to be as healthy as possible.**

We're a nonprofit health plan with a community-focused approach that stretches back to our founding in 1975. We began offering health insurance coverage throughout Nebraska in 2015 and opened an Omaha office staffed with local insurance experts in 2017.

The Medica Foundation is our charitable giving arm and drives our philanthropic work. We began funding health initiatives across Nebraska in 2018. Our Nebraska-based team has been essential to the Foundation's success in identifying and supporting innovative nonprofits that are working to address health care challenges across the state.

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## \$1.165 million

Total of grants awarded in Nebraska, 2018-2020

### Our impact

Through the Medica Foundation, we've awarded \$1.165 million in grants across Nebraska through the end of our 2020 grant cycle. We concentrated our funding for strategic impact in three focus areas: **behavioral health**, **early childhood health**, and **rural health**. This report highlights a few of the organizations we've supported and issues we've tackled through our priority funding areas.

**“The partnership between our Nebraska team and the Medica Foundation demonstrates to communities across the state that Medica is serious about giving back and that we’re here to stay.”**

— Pat Bourne, Medica  
Vice President and Nebraska  
Market Leader

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## Behavioral health

According to 2021 data from the U.S. Health Resources and Services Administration, all but three of Nebraska's 93 counties have a shortage of mental health professionals. We're working to close this gap by providing support for programs that focus on serious mental illness, recovery from substance use disorder, co-occurring disorders, and supportive and intensive case management services.

Since 2018, the Foundation has awarded more than **\$550,000 in behavioral health grants** that align with these priorities. With our grants, Nebraska nonprofits have implemented programs that advanced tele-mental health services, behavioral health services in schools, peer-support services, and bilingual health care support.



**\$75,000**  
to provide long-term behavioral  
health services for children

Lincoln-based HopeSpoke provides comprehensive behavioral health services for children and families, including crisis and residential services, extended day treatment, outpatient services, and school programs.

In 2019, we supported HopeSpoke's extended day treatment program for children ages 5 to 11 who have extreme behavioral health challenges that put them at risk for out-of-home placement or hospitalization. With our funding, HopeSpoke was also able to expand telehealth services and streamline its intake process so that wait times for its services decreased from 45+ days to 23 days.

**In 2020, our emergency-relief funding helped HopeSpoke deliver services via telehealth during the pandemic.**



## Building relationships and trust

In 2019, we launched a series of local discussions and learning forums called **Community Conversations**. These events have helped us cultivate a network of nonprofit partners and leaders in health who assist us in learning about the variety of health needs that exist across Nebraska. These partnerships enable us to build trust in the communities we serve, and respond to local needs in a way that makes a difference.



## Early childhood health

Needs assessments and our Community Conversation events confirmed the need to nurture healthy families in order to foster optimal growth and development of Nebraska's young children.

The Foundation has awarded nearly **\$240,000 in early childhood health grants** since 2018 to improve access to prenatal and postpartum care, preventive care, and oral health care; enhance parenting skills; and address the needs of children who are experiencing homelessness and trauma.



**\$90,000**  
to provide accessible care  
for growing families

OneWorld is a federally qualified health center in Omaha that provides primary care, dentistry, and behavioral health services. More than 90% of its patients live in poverty, and nearly half are uninsured. OneWorld offers a sliding fee scale based on income and doesn't turn away anyone who can't afford to pay.

Because more than 60% of OneWorld patients identify as Hispanic, we awarded a grant in 2019 that helped fund a bilingual child-health navigator. The navigator links families with pediatricians, schedules follow-up care, and connects families to additional resources and services. More than 470 prenatal patients met with the navigator at least once during the grant period.

**In 2020, our emergency-relief funding helped OneWorld serve more than 9,700 people with car-side COVID-19 screenings, telehealth services, medication deliveries, and general support.**

**“Our patients were thankful someone was reaching out and thinking about them. The child-health navigator program allowed us to keep in contact with patients who otherwise wouldn't have been able to stay in touch.”**

— Fernando Vilches, Child-Health Navigator,  
OneWorld Community Health Centers Inc.





## Rural health

The needs and challenges in rural Nebraska communities are unique and differ from those in urban areas. Barriers to health care services, food insecurity, homelessness, lack of quality child care, addiction, and suicide have become more prominent in recent years. It's much harder today for people who live outside of Nebraska's metropolitan areas to be as healthy as they can be and access the care they need.

We recognize the importance of supporting community-led solutions that address the social determinants of health and improve health care access in rural Nebraska. We've awarded grants that support rural community health workers; provide transportation and access to care; deliver culturally sensitive care to Native Americans; fund school-based mental health programs; support dental health; and address food security and other basic needs.

## Our investments statewide, 2018-2020



Community	Investment
Grand Island	\$20,000
Kearney	\$70,500
Lincoln	\$127,000
North Platte	\$5,000
Omaha	\$762,500
Scottsbluff	\$80,000
Grants with statewide impact	\$100,000
<b>Total</b>	<b>\$1,165,000</b>

## Contact the Medica Foundation

1 (952) 992-2060 | [Foundation@Medica.com](mailto:Foundation@Medica.com) | [MedicaFoundation.org](http://MedicaFoundation.org)



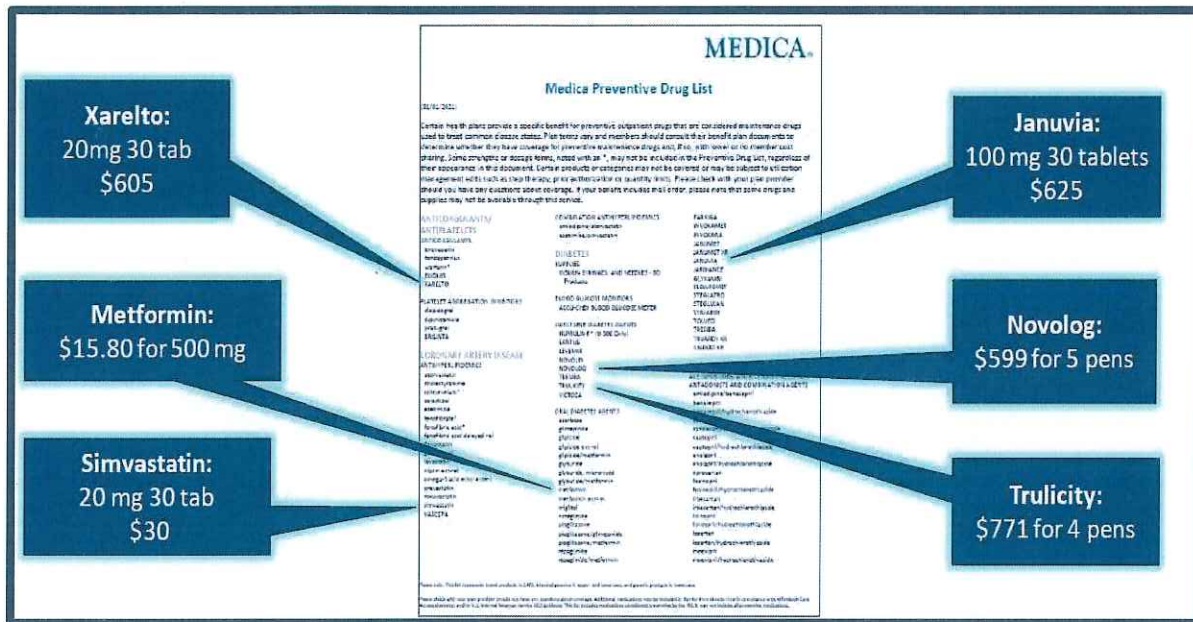
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# \$0 Cost Drugs

At Medica, we strive to offer innovative benefits. We have removed cost barriers that may prevent members from following their treatment plans.

Our plans have separate coverage for preventative maintenance drugs. These drugs are used to treat common conditions such as coronary artery disease, diabetes, high blood pressure, mental health disorders, and respiratory disorders.



**MEDICA**  
Medica Preventive Drug List

**Xarelto:**  
20mg 30 tab  
\$605

**Metformin:**  
\$15.80 for 500 mg

**Simvastatin:**  
20 mg 30 tab  
\$30

**Januvia:**  
100 mg 30 tablets  
\$625

**Novolog:**  
\$599 for 5 pens

**Trulicity:**  
\$771 for 4 pens

By providing this benefit, we can continue to be there for Nebraskans when they need us and:

- ✔ Increase medication adherence, which is known to decrease the need for other services as members keep their health on track
- ✔ Cover both brand name and generic drugs
- ✔ Maintain a regularly updated preventative drug list through a group of independent physicians and pharmacists
- ✔ Allow physicians to determine which medications are right for you using our preventative drug list
- ✔ Give our members access to these preventative drugs at any in-network pharmacy



## Medica Preventive Drug List

(01/01/2022)

Certain health plans provide a specific benefit for preventive outpatient drugs that are considered maintenance drugs used to treat common disease states. Plan terms vary and members should consult their benefit plan documents to determine whether they have coverage for preventive maintenance drugs and, if so, with lower or no member cost sharing. Some strengths or dosage forms, noted with an \*, may not be included in the Preventive Drug List, regardless of their appearance in this document. Certain products or categories may not be covered or may be subject to utilization management edits such as step therapy, prior authorization or quantity limits. Please check with your plan provider should you have any questions about coverage. If your benefit includes mail order, please note that some drugs and supplies may not be available through this service.

### ANTICOAGULANTS/ ANTIPLATELETS

#### ANTICOAGULANTS

enoxaparin  
fondaparinux  
warfarin\*  
ELIQUIS  
XARELTO

#### PLATELET AGGREGATION INHIBITORS

clopidogrel  
dipyridamole  
prasugrel  
BRILINTA

### CORONARY ARTERY DISEASE

#### ANTHYPERLIPIDEMICS

atorvastatin  
cholestyramine  
colesevelam\*  
colestipol  
ezetimibe  
fenofibrate\*  
fenofibric acid\*  
fenofibric acid delayed-rel  
fluvastatin  
gemfibrozil  
lovastatin  
niacin ext-rel  
omega-3 acid ethyl esters  
pravastatin  
rosuvastatin  
simvastatin  
VASCEPA

#### COMBINATION ANTHYPERLIPIDEMICS

amlodipine/atorvastatin  
ezetimibe/simvastatin

#### DIABETES

##### SUPPLIES

INSULIN SYRINGES, AND NEEDLES - BD  
Products

#### BLOOD GLUCOSE MONITORS

ACCU-CHEK BLOOD GLUCOSE METER

#### INJECTABLE DIABETES AGENTS

HUMULIN R\* (U-500 Only)  
LANTUS  
LEVEMIR  
NOVOLIN  
NOVOLOG  
TOUJEO  
TRESIBA  
TRULICITY  
VICTOZA

#### ORAL DIABETES AGENTS

acarbose  
glimepiride  
glipizide  
glipizide ext-rel  
glipizide/metformin  
glyburide  
glyburide, micronized  
glyburide/metformin  
metformin  
metformin ext-rel  
miglitol  
nateglinide  
pioglitazone  
pioglitazone/glimepiride  
pioglitazone/metformin  
repaglinide  
repaglinide/metformin

FARXIGA  
JANUMET  
JANUMET XR  
JANUVIA  
JARDIANCE  
GLYXAMBI  
SEGLUROMET  
STEGLATRO  
STEGLUJAN  
SYNJARDY  
TRIJARDY XR  
XIGDUO XR

### HYPERTENSION

#### ACE INHIBITORS/ANGIOTENSIN II RECEPTOR ANTAGONISTS AND COMBINATION AGENTS

amlodipine/benazepril  
benazepril  
benazepril/hydrochlorothiazide  
candesartan  
candesartan/hydrochlorothiazide  
captopril  
captopril/hydrochlorothiazide  
enalapril  
enalapril/hydrochlorothiazide  
eprosartan  
fosinopril  
fosinopril/hydrochlorothiazide  
irbesartan  
irbesartan/hydrochlorothiazide  
lisinopril  
lisinopril/hydrochlorothiazide  
losartan  
losartan/hydrochlorothiazide  
moexipril  
moexipril/hydrochlorothiazide

Please note: This list represents brand products in CAPS, branded generics in upper- and lowercase, and generic products in lowercase.

Please check with your plan provider should you have any questions about coverage. Additional medications may be included in this list from time to time in compliance with Affordable Care Act requirements and/or U.S. Internal Revenue Service (IRS) guidance. This list includes medications considered preventive by the IRS; it may not include all preventive medications.

perindopril  
quinapril  
quinapril/hydrochloro-  
thiazide  
ramipril  
telmisartan  
telmisartan/hydrochlorothiazide  
trandolapril  
trandolapril/verapamil ext-rel  
valsartan  
valsartan/hydrochlorothiazide

#### **BETA-BLOCKERS AND COMBINATION AGENTS**

acebutolol  
atenolol  
atenolol/chlorthalidone  
betaxolol  
bisoprolol  
bisoprolol/hydrochlorothiazide  
carvedilol  
labetalol  
metoprolol  
metoprolol succinate ext-rel  
metoprolol/hydrochlorothiazide  
nadolol  
nadolol/bendroflumethiazide  
pindolol  
propranolol  
propranolol ext-rel  
propranolol/hydrochlorothiazide  
timolol maleate

#### **CALCIUM CHANNEL BLOCKERS AND COMBINATION AGENTS**

amlodipine  
amiloride/hydrochlorothiazide  
diltiazem - select products  
felodipine ext-rel  
isradipine  
nicardipine  
nisoldipine ext-rel  
verapamil  
verapamil ext-rel

#### **DIURETICS**

chlorothiazide  
chlorthalidone  
furosemide  
hydrochlorothiazide  
indapamide  
methyclothiazide  
spironolactone  
spironolactone/hydrochlorothiazide  
torsemide  
triamterene/hydrochlorothiazide

#### **OTHER ANTIHYPERTENSIVE AGENTS**

amlodipine/telmisartan  
amlodipine/valsartan/  
hydrochlorothiazide  
clonidine  
clonidine transdermal  
guanfacine  
hydralazine  
methyldopa  
minoxidil

#### **MENTAL HEALTH**

##### **ANTIDEPRESSANTS**

amitriptyline  
amoxapine  
bupropion  
bupropion ext-rel  
citalopram  
clomipramine  
desipramine  
desvenlafaxine succinate ext-rel  
doxepin  
duloxetine delayed-rel  
escitalopram  
fluoxetine  
fluoxetine delayed-rel  
fluvoxamine  
imipramine HCl  
imipramine pamoate  
maprotiline  
mirtazapine  
nortriptyline  
paroxetine HCl  
paroxetine HCl ext-rel  
phenelzine  
protriptyline  
sertraline  
tranylcypromine  
trazodone  
trimipramine  
venlafaxine  
venlafaxine ext-rel

#### **ANTIPSYCHOTICS**

aripiprazole  
chlorpromazine  
clozapine  
fluphenazine  
haloperidol  
loxapine olanzapine  
olanzapine orally disintegrating tabs  
paliperidone  
perphenazine  
quetiapine  
quetiapine ext-rel  
risperidone  
thioridazine  
thiothixene  
trifluoperazine  
ziprasidone  
LATUDA

#### **OSTEOPOROSIS**

##### **BONE RESORPTION THERAPY**

alendronate  
ibandronate  
raloxifene  
risedronate

#### **RESPIRATORY DISORDERS**

##### **RESPIRATORY AGENTS**

albuterol inhaler\*  
albuterol nebulizer solution  
budesonide suspension  
cromolyn sodium  
fluticasone/salmeterol diskus inhaler\*  
ipratropium nebulizer solution  
ipratropium/albuterol nebulizer solution  
levalbuterol nebulizer solution  
montelukast  
theophylline  
zafirlukast  
ADVAIR HFA  
ARNUITY  
ASMANEX HFA  
ASMANEX TWISTHALER  
BREO ELLIPTA  
DULERA  
FLOVENT DISKUS  
FLOVENT HFA  
INCRUSE ELIPTA  
SPIRIVA  
SPIRIVA RESPIMAT  
SYMBICORT  
QVAR REDHALER

*Over-the-counter (OTC) products require a prescription. Coverage may vary by plan.*

*Please note:* This list represents brand products in CAPS, branded generics in upper- and lowercase, and generic products in lowercase.

Please check with your plan provider should you have any questions about coverage. Additional medications may be included in this list from time to time in compliance with Affordable Care Act requirements and/or U.S. Internal Revenue Service (IRS) guidance. This list includes medications considered preventive by the IRS; it may not include all preventive medications.



Thank you for using the Medica online provider lookup to create a personalized directory. The search criteria you used to create this directory is shown below.

Although we make every effort to ensure that our provider information is up-to-date, providers join and leave our network throughout the year. Whenever you make an appointment, always check with the provider's office to verify that they still participate in your plan's network. Your plan name is shown on your ID card under "Care Type".

Our network is designed based on specific criteria that we apply to select network hospitals, primary care physicians and specialty physicians listed under Common Specialties in the search tool. These specialists, as well as additional specialties, are only included if they meet our credentialing requirements. In addition, we evaluate our networks to ensure members have access within a reasonable distance to these specialists. At this time, Medica doesn't use clinical quality, member experience or cost measures to select practitioners or hospitals for the network.

### **Search Criteria**

<b>Insurance Plan:</b>	Medica Choice National
<b>Plan Year:</b>	2023
<b>Distance From You:</b>	Less than 25 miles from 68025
<b>Specialty:</b>	Hospital

## Hospital

### General Acute Care Hospital

**Boys Town National Research Hospital**  
14000 Hospital Rd  
Boys Town, NE 68010  
(402) 778-6000  
*English*

**Boys Town National Research Hospital**  
14080 Hospital Rd  
Boys Town, NE 68010  
(402) 778-6900  
*English*

**Boys Town National Research Hospital**  
14040 Boys Town Hospital Rd  
Boys Town, NE 68010  
(402) 778-6800

**Boys Town National Research Hospital-West**  
14000 Hospital Rd  
Boys Town, NE 68010  
(402) 778-6000

**CHI Health Lakeside**  
16901 Lakeside Hills Ct  
Omaha, NE 68130  
(402) 717-2222  
(402) 717-8000  
*English*

**CHI Health Lakeside**  
16909 Lakeside Hills Ct  
Omaha, NE 68130  
(402) 717-2222

**Fyzical Therapy and Balance Center-Procare3**  
4626 S 132nd St  
Omaha, NE 68137  
(402) 330-7891

**Memorial Community Hospital**  
810 N 22nd St  
Blair, NE 68008  
(402) 426-1261  
(402) 426-2182  
*English*

**Methodist Fremont Health**  
450 E 23rd St  
Fremont, NE 68025  
(402) 721-1610  
*English*

**Methodist Physicians Clinic Heart and Vascular Imaging Center**  
1120 N 103rd Plz Ste 101  
Omaha, NE 68114  
(402) 354-9010

**Methodist Women's Hospital**  
707 N 190th Plz  
Elkhorn, NE 68022  
(402) 815-4000

**Methodist Womens Hospital**  
707 N 190th Plz  
Elkhorn, NE 68022  
(402) 815-4000  
*English*

**Orthonebraska Hospital**  
2808 S 143rd Plz  
Omaha, NE 68144  
(402) 637-0600  
(402) 609-2400  
*English*

**Saunders Medical Center**  
1760 County Road J  
Wahoo, NE 68066  
(402) 443-4191  
*English*

### Hospital

**Boys Town National Research Hospital-West**  
14000 Hospital Rd  
Boys Town, NE 68010  
(402) 778-6000

**CHI Health Lakeside**  
16901 Lakeside Hills Ct  
Omaha, NE 68130  
(402) 717-2222  
(402) 717-8000  
*English*

**Childrens Outpatient Surgery Center-West Village P**  
110 N 175th St Ste 1600  
Omaha, NE 68118  
(402) 955-8201

**Madonna Rehab Specialty Hospital Omaha**  
17500 Burke St  
Omaha, NE 68118  
(402) 401-3000  
*English*

**Memorial Community Hospital**  
810 N 22nd St  
Blair, NE 68008  
(402) 426-1261  
(402) 426-2182  
*English*

**Methodist Fremont Health**  
450 E 23rd St  
Fremont, NE 68025  
(402) 721-1610  
*English*

**Methodist West Dodge Radiology**  
16120 W Dodge Rd  
Omaha, NE 68118  
(402) 354-0800

**Methodist Womens Hospital**  
707 N 190th Plz  
Elkhorn, NE 68022  
(402) 815-4000  
*English*

**Orthonebraska Hospital**  
2808 S 143rd Plz  
Omaha, NE 68144  
(402) 637-0600  
(402) 609-2400  
*English*

**Saunders Medical Center**  
1760 County Road J  
Wahoo, NE 68066  
(402) 443-4191  
*English*