



DULUTH JOINT POWERS ENTERPRISE

2021 Medica's Wellness
Programs/Resources

MEDICA®

2021 Wellness Mission

The mission of the wellness program is to enhance our lives through the benefits of lifelong wellness; by providing diverse programs that appeal to a wide range of people's preferences and needs.



Bridge to Wellness Program Overview

Goal

- Enhance your experience as an employee with the foundation of leading a healthy lifestyle.
- You will be encouraged to participate in various activities, programs, lifestyle choices, and preventative care and be rewarded along your wellness path.

Participation

- Participation in the Wellness Program is completely voluntary and will not impact your health insurance nor your employment.

Eligibility

- An active employee of the City of Duluth, DECC, DAA or HRA, who is actively enrolled in our health insurance plan (or benefits-eligible)



2021 BRIDGE TO WELLNESS | Introducing Medica Wellness Resources

Earn More with Medica's My Health Rewards Resources®

- My Health Rewards is an online points-based program that helps you take small steps to reach your health goals.
- You'll earn points for completing activities and get rewarded on your own personal path to health.

Earn Rewards for Healthy Behavior

LEVEL	MY HEALTH REWARDS POINTS	MY HEALTH REWARDS REWARD AMOUNT	BRIDGE TO WELLNESS POINTS EARNED
1	2,000	\$10	25
2	10,000	\$20	50
3	25,000	\$50	75
4	40,000	\$80	75



MEDICA®



MEDICA HEALTH AND WELLNESS OVERVIEW

MY HEALTH REWARDS PROGRAM OVERVIEW

- My Health Rewards
- Sanvello
- Medica's Behavioral Health Services
- Live and Work Well
- Virtual Care
- Healthy Savings
- Ovia Health
- Medica CallLink
- Omada



MY HEALTH REWARDS

2021 MY HEALTH REWARDS | Overview

Earn up to \$160 in rewards

LEVEL	POINTS EARNED	REWARD
1	2,000	\$10
2	10,000	\$20
3	25,000	\$50
4	40,000	\$80

Get an e-gift card, use it instantly! Or pick another way to use your rewards.



SHOP THE STORE



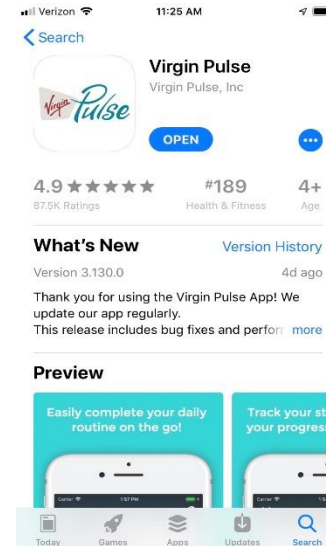
GET A GIFT CARD



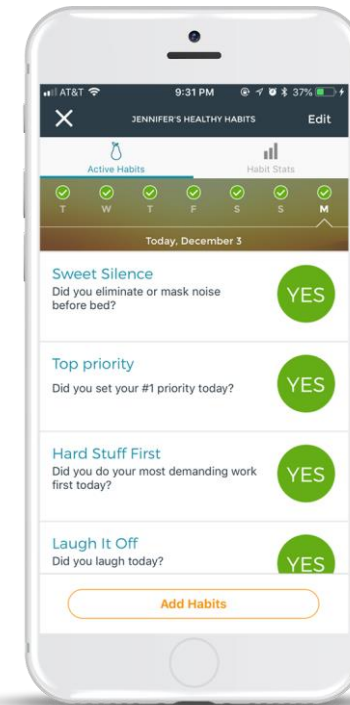
DONATE IT

GETTING STARTED IS EASY!

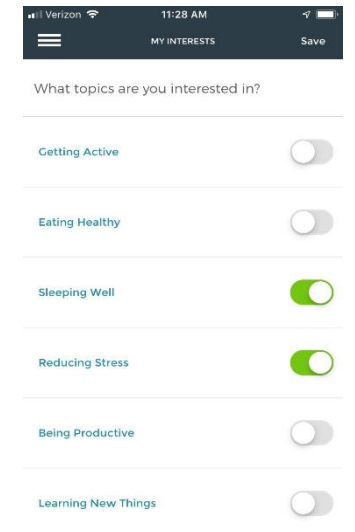
DOWNLOAD THE APP



TAKE THE HEALTH ASSESSMENT

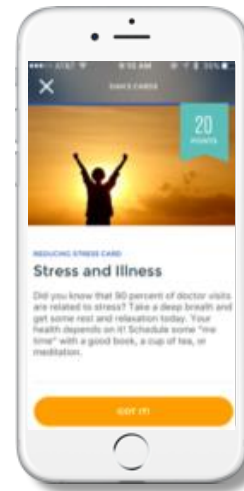


SAVE YOUR INTERESTS

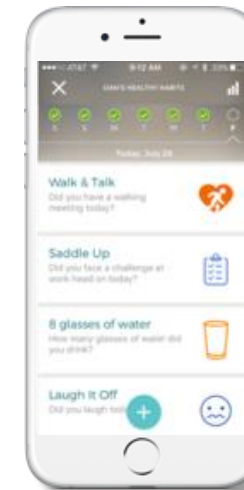


MY HEALTH REWARDS | Creating Daily Success Routines

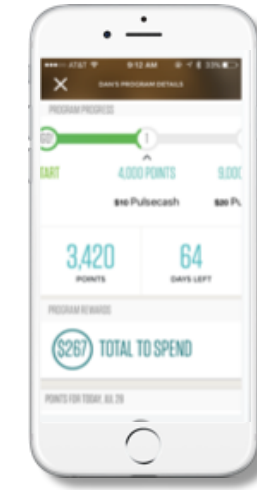
It Only Takes Small Steps to Change



LEARN



DO



BECOME

BEHAVIOR CHANGE

<https://www.medica.com/members/group/video-my-health-rewards-getting-started>

MY HEALTH REWARDS | Getting Started

Register using your mobile device

- Go to the App Store or Google Play and search for the Virgin Pulse app.
- Download the free Virgin Pulse app.
- Open the app and follow the steps below:

STEP 1

Click on *Create account*



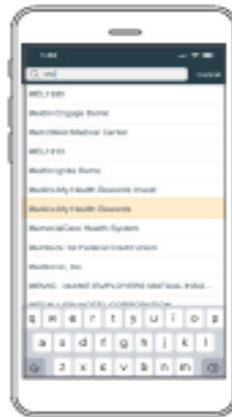
STEP 2

Search for Medica



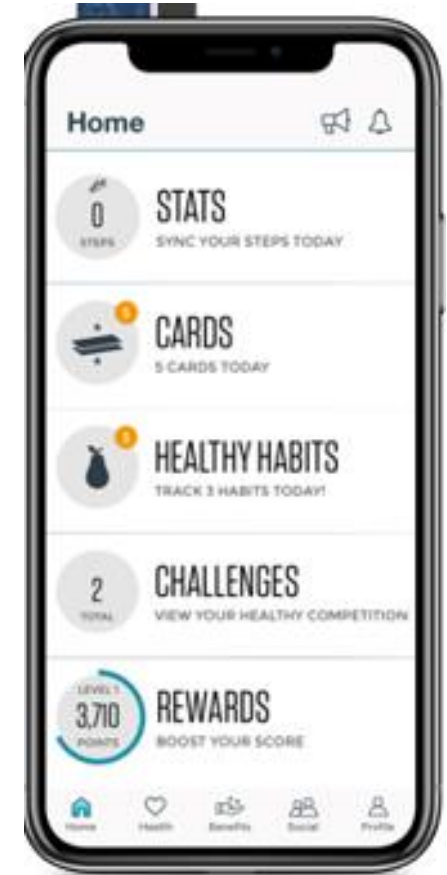
STEP 3

From the list, select **Medica My Health Rewards**



STEP 4

Complete your registration



You can register online to create a My Health Rewards account

- Go to medica.com/MyHealthRewards
- Click on **Register for your account**
- Follow the instructions to complete your registration

REGISTRATION TIPS

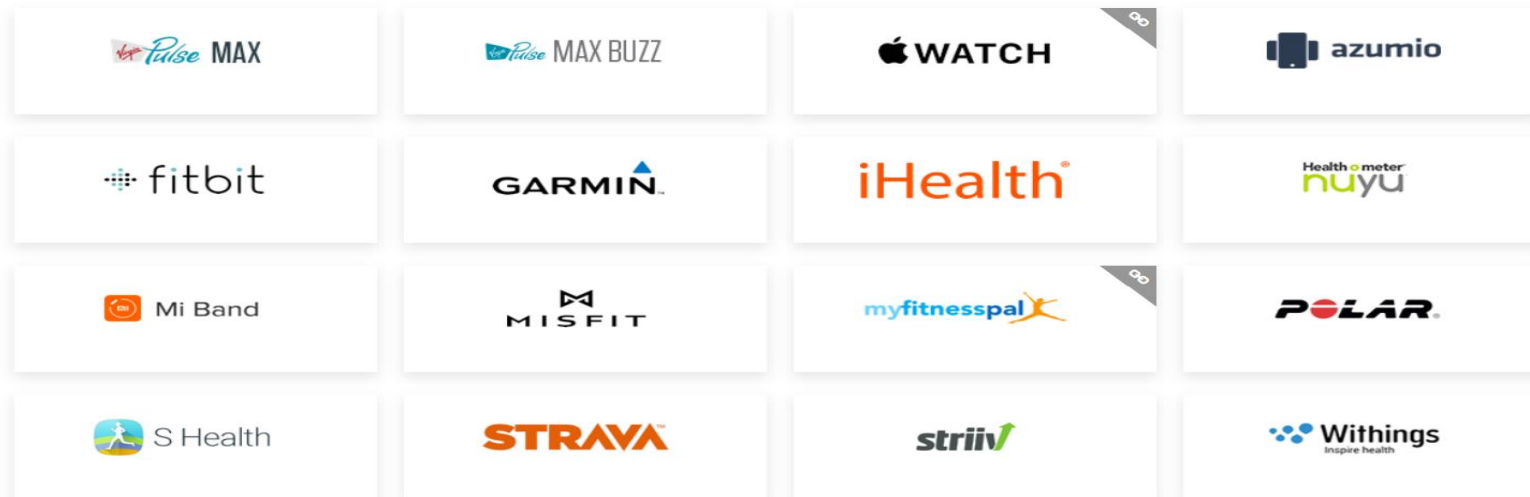
- ✓ Have your Medica ID card ready.
- ✓ Enter your name exactly as it is on your Medica ID card.



MEDICA®

Connect your device to track your steps, sleep, and activity

- For a full list of devices that can be used for My Health Rewards, go to the *Devices and Apps* page.
- **Connect a fitness tracker to track steps and sleep:**
 - Go to Devices & Apps
 - Choose the device or app you'd like to connect
 - Follow instructions on the screen to connect a device



Max Buzz | It is Worth All the Buzz...

Don't have a fitness tracker? No worries!

You have the option of redeeming points for the Max Buzz™, a Virgin Pulse fitness tracker that can be used to track activity and sleep.

The Max Buzz™ is available in the Virgin Pulse store for 2,000 reward points (or \$10 PulseCash). Or you can purchase the Max Buzz™ anytime you'd like for a reduced price of \$9 + tax.

- Go to the Rewards page, then click on Shop the Store.
- Find the Max Buzz™ and click Buy Now to add it to your cart and see the reduced price.
- Apply your rewards cash in the cart (if applicable).
- Complete the checkout process, and look for your Max Buzz™ in your mailbox in about 7-10 days!

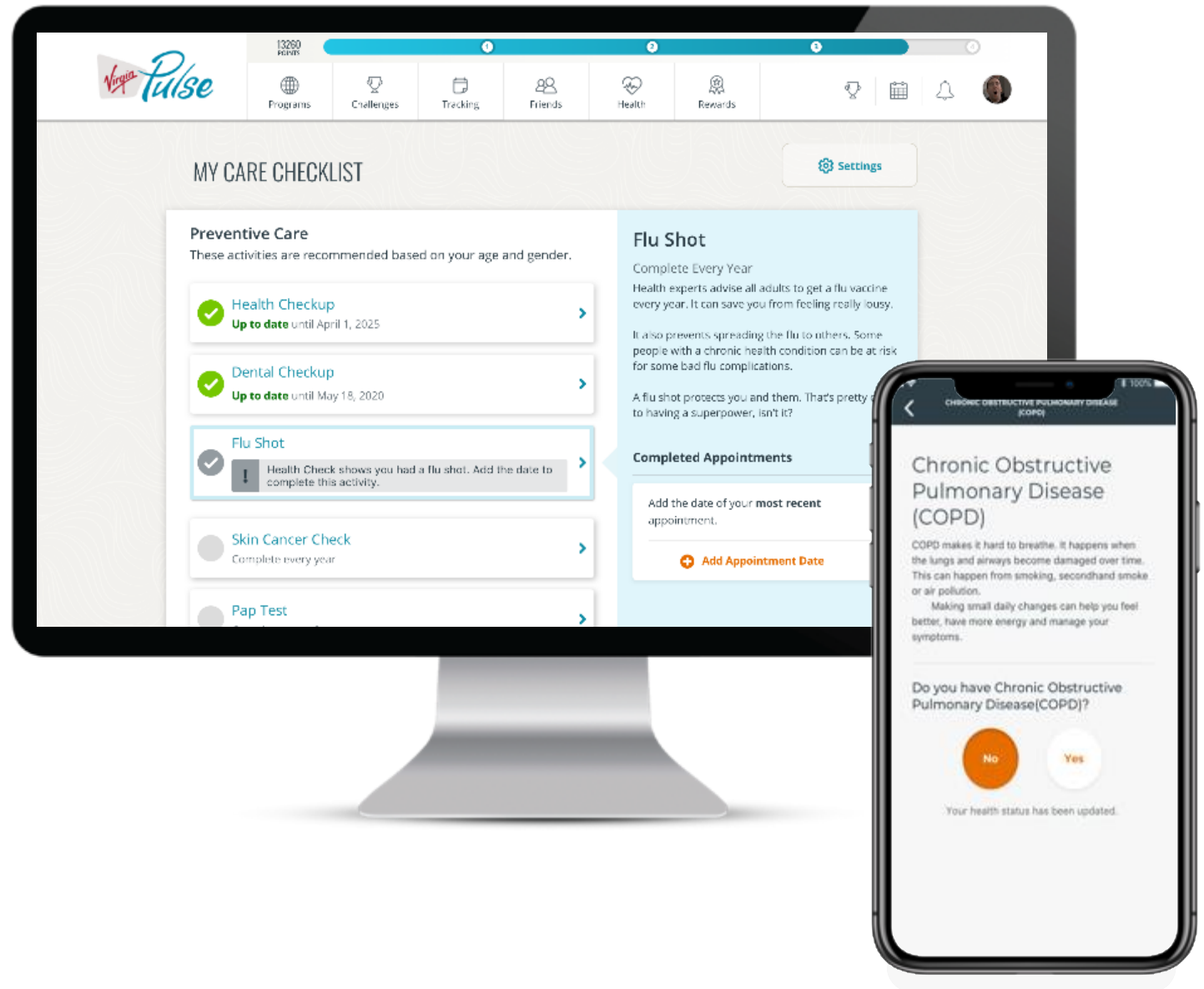


MY HEALTH REWARDS | Suggested Resources related to Bridge to Wellness

BRIDGE TO WELLNESS WELL-BEING ELEMENT	MY HEALTH REWARDS BY MEDICA® ACTIVITIES
Preventative	My Care Checklist: Get reminders for recommended preventive screenings and immunizations based on your age and gender and earn 100 points for each screening completed.
Physical	Track Your Steps: Connect your personal fitness tracker to get credit for daily steps.
Weight Management	Monj: Develop healthy eating skills with step-by-step cooking tutorials.
	Journeys®: Complete self-guided courses to build healthy habits around healthy eating and physical activity.
	MyFitnessPal: Connect to the MyFitnessPal nutrition tracker and track your calories.
	Healthy Savings: Learn how to save money on a variety of foods and healthy products with the Medica Healthy Savings program.
Mental Health	Sanvello App: Sanvello is an app that provides on-demand help with stress, anxiety and depression.

Preventive Care Checklist

- Complete a Health Assessment and you will receive a list of recommended preventive care checkups based on your age and gender
- My Care Checklist makes it easy with personalized friendly reminders that let you know when you're due to see your healthcare provider.
- Tap into each activity and enter the date you completed it and receive a green checkmark as well as reward points.



SANVELLO | How It Works

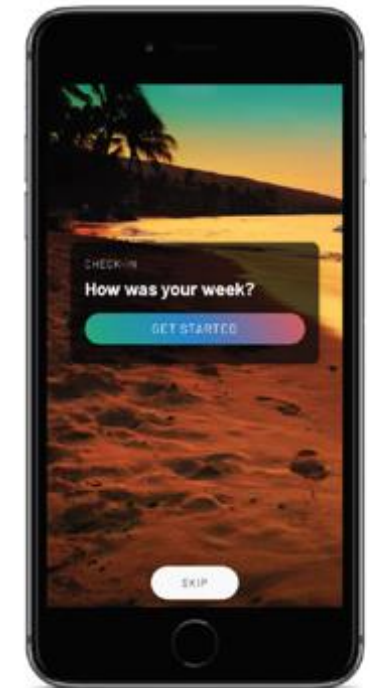
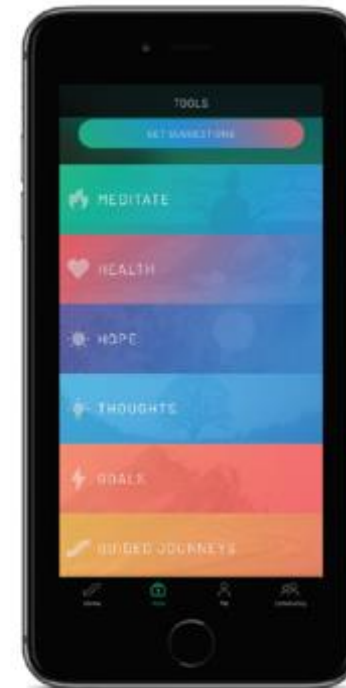
Sanvello is a top-rated self-help app that uses clinically validated techniques such as cognitive behavioral therapy (CBT) for dealing with stress, anxiety, depression and whatever else you may be going through.

You'll get help to manage your moods and thoughts so you can understand what works for you to feel better with the following resources:

- Daily Mood Tracking
- Coping Tools
- Guided Journeys
- Personalized Progress
- Community Sup

You have access to the premium version of the Sanvello app at no additional cost as part of your plan's behavioral health benefits.

<https://vimeo.com/389483304?ref=fb-share>



MEDICA'S BEHAVIORAL HEALTH | How It Works

Your mental health is just as important as your physical health. That's why your plan includes coverage for behavioral health services, including mental health and substance abuse care. Medica Behavioral Health* staff can help you get the right care when you need it, 24 hours a day, and your call is confidential. The large network includes providers who practice at all levels of counseling and treatment.

Availability: In person, online and by telephone

- **Call Medica Behavioral Health** at 800-848-8327: You'll be asked to answer questions about your needs and preferences. You'll then be referred to a behavioral health care professional who is matched to your unique needs.
- **Visit [medica.com/findadoctor](https://www.medicabehavioralhealth.com/medica.com/findadoctor)**. Select your plan and click on Find a mental health provider.
 - ✓ If you need care soon, you can select the Express Access Provider filter to find a provider who offers routine appointments within five business days. If an in-person visit is not accessible or convenient, you can choose a virtual visit.
 - ✓ ** Select the Virtual Visit (online therapy) filter in your provider search results.
- **Amwell** - Get care online from home, work or anywhere you are with **Amwell**, a 24/7 online clinic. Connect with a provider from your computer or mobile device for most behavioral health concerns.

MEDICA BEHAVIORAL HEALTH | Member Resources & Tools

Liveandworkwell.com puts support at people's fingertips by equipping them with **resources to help close gaps in care and prevent recurrences**, generating better outcomes and lower care costs.

24/7 confidential access to



Articles



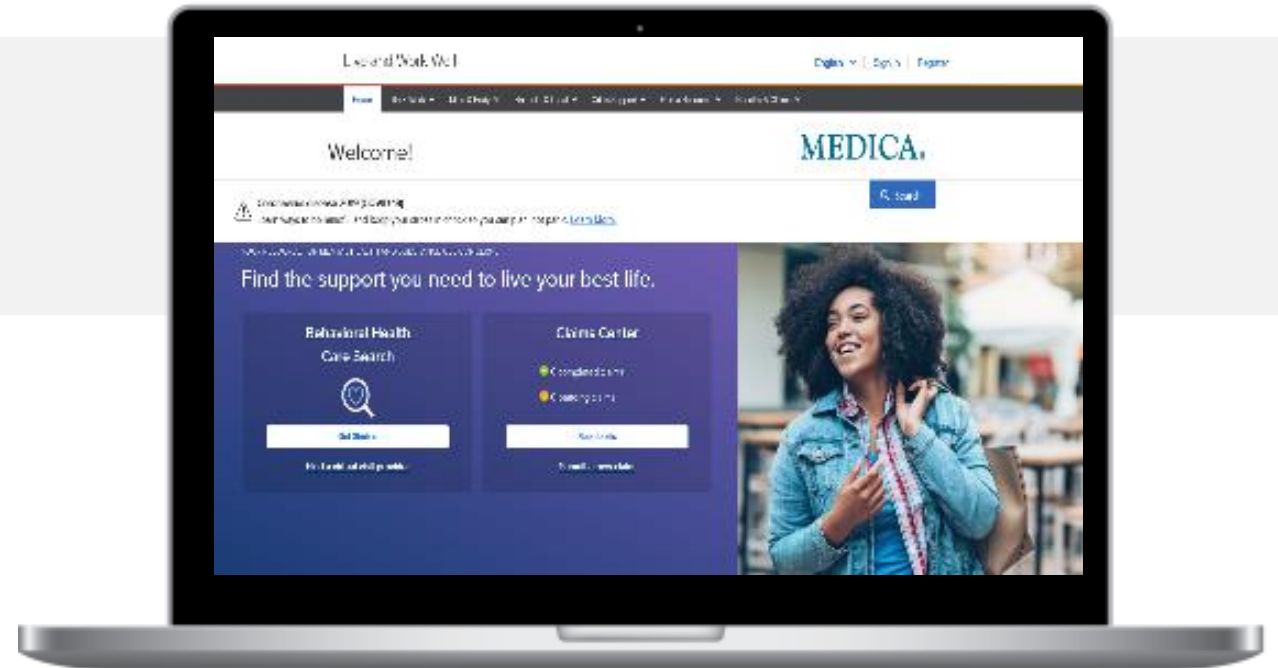
Videos



Self-help tools

Helps members:

- With comprehensive information about behavioral health topics like anxiety, depression, substance use disorders, and more.
- Self-assessments to videos, members can find a variety of helpful educational materials.
- Deal with life changes
- Balance work and life
- Manage and connect with behavioral health and substance use disorder resources
- Members can look up network therapists in their area for in-person, virtual visits and express access providers



<https://www.liveandworkwell.com/content/en/public.html#>

VIRTUAL CARE OPTIONS* | Convenient and Cost Effective Online Treatment

CLINIC-BASED	AMWELL	VIRTUWELL	CallLink NurseLine
Many clinics offer virtual care, online care or e-visits	24/7 online clinic available in every state Includes coverage for medical and behavioral health care services	24/7 online clinic available in select states	Available 24/7
Prices vary	Medical: Each visit is \$0 Behavioral health: Price varies by type of service (approx. \$59)	Medical: Each visit is \$0	FREE
Check with your clinic to see if they offer virtual care and how you can connect with your provider online	Mobile, web and phone visits with a board-certified doctor	Online visits with a certified nurse practitioner	Phone visits with a certified nurse practitioner
Clinic's website	Amwell.com	Virtuwell.com	www.medica.com/wellness/nurse-line

*Virtual care options can vary by your plan's network. Check care options at medica.com/findadoctor.

HEALTHY SAVINGS | Discounts on Healthy Foods

Healthy Savings makes eating healthier easier and more affordable.

The program is easy-to-use, members simply shop, scan and save instantly!



- Discounts on healthy foods of up to \$250 per month
- Foods qualified by a third party based on nutrient density; only healthiest 1/3 qualify
- No clipping or downloading coupons needed; all promotions are automatically loaded onto barcode

HEALTHY SAVINGS | 200+ Participating Brands

FRUITS



VEGETABLES



GRAINS



PROTEIN



DAIRY



WHOLE PLATE



HEALTHY SAVINGS | Mobile App Guide

HEALTHY SAVINGS My Health Rewards by MEDICA.

HEALTHY SAVINGS MOBILE APP GUIDE



Start Saving Smarter

With intelligent list options and personalized messages, the Healthy Savings mobile app makes it even easier to save on healthier foods and find participating stores. Follow the instructions below and download the new Healthy Savings mobile app today in the App Store or Google Play.



1 Go to the App Store or Google Play, search for Healthy Savings and download the app

2 Launch the app, and select from four customizable lists

3 View product details by tapping on the offer. Swipe right or left to favorite or hide items

4 Tap "My Card" to access the mobile barcode that can be used at checkout

5 To search for available retailers, tap "Find Store"



Three mobile apps that span the reproductive health and parenting spectrum



Ovia Fertility

- Understand cycle predictions and fertility calendar
- Track symptoms, moods, medications and more
- Receive feedback alerts on potential medical concerns
- Learn about infertility health programs



Ovia Pregnancy

- Weekly baby development summaries
- Daily articles and tips
- Supportive weekly videos
- Return-to-work planning tools and support
- Unlimited in-app coaching with nurse health coaches



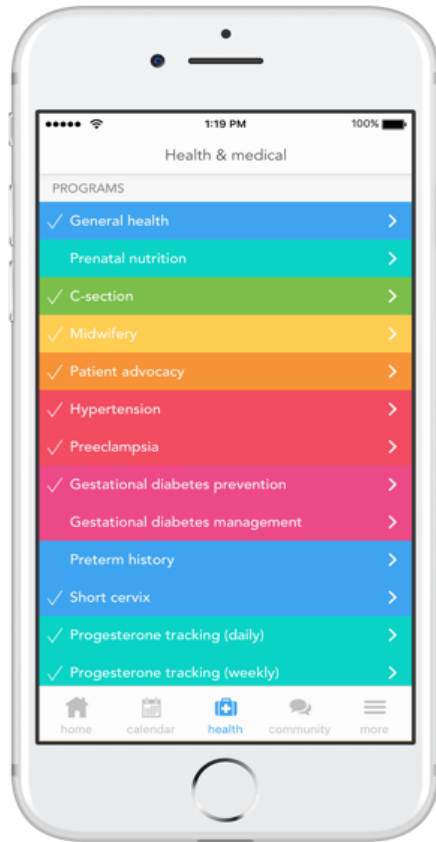
Ovia Parenting

- Learn about child development and health
- Track baby's feedings, diapers and sleep
- Get guidance and support for mental health and wellness
- Access thousands of parenting articles and tips
- Unlimited in-app coaching with nurse health coaches

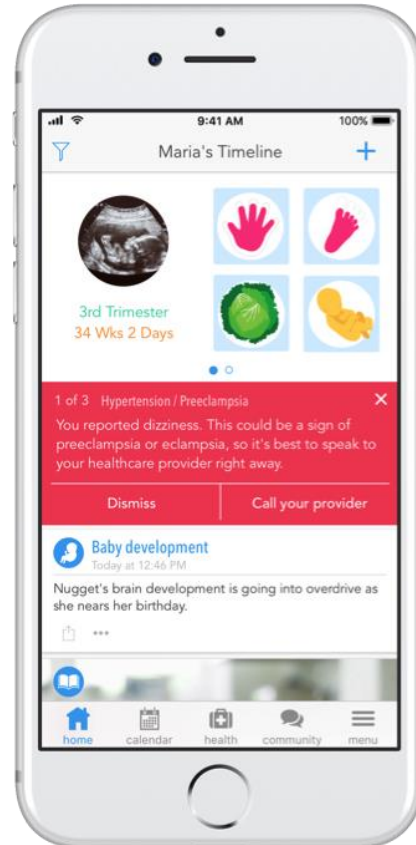


OVIA HEALTH | Fertility, Pregnancy and Parenting Support

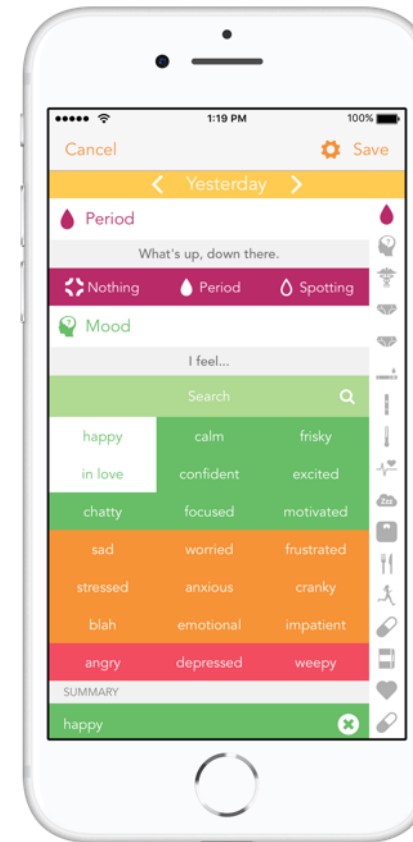
Early identification. Early intervention.



More than 50 clinical programs



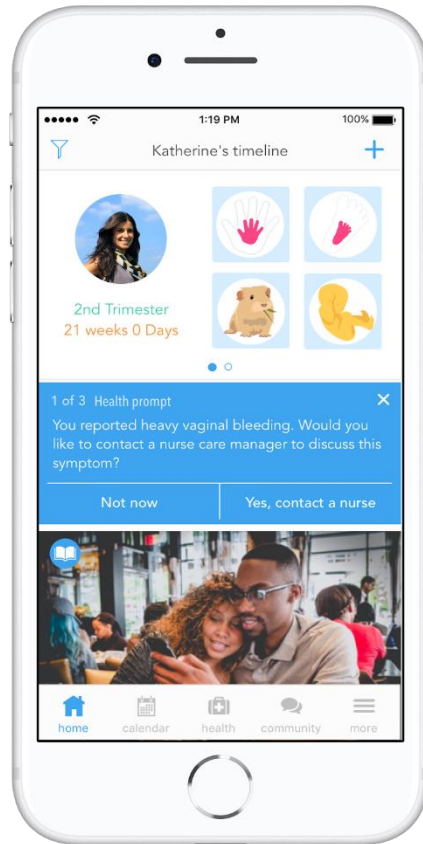
Pregnancy real-time risk alerts



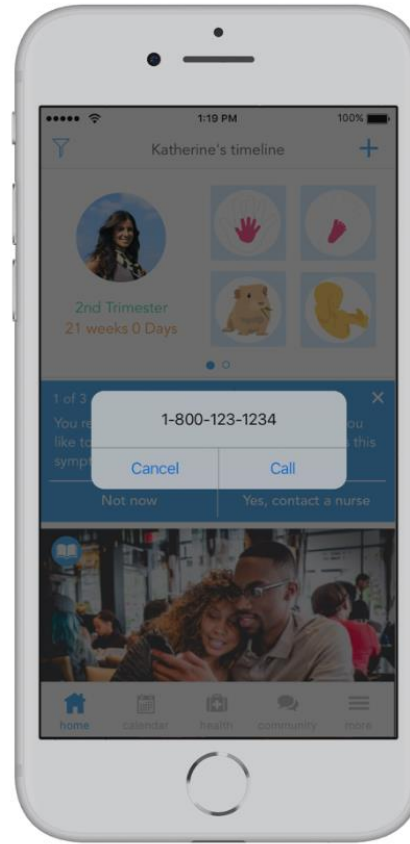
Unlimited in-app coaching

OVIA HEALTH | Fertility, Pregnancy and Parenting Support

Real time support during pregnancy.



Identification of members with co-morbid conditions



Prompts to call case management or provider



Drive behavior change that reduces gaps in care

Medica CallLink® | Getting the Best Care and the Best Value

- Learn more about a diagnosis
- Decide what type of care meets your needs
- Understand symptoms and treatment options
- Create a plan for adding healthy habits to your routine
- Understand how to take medications safely and effectively
- Find a doctor or hospital and schedule an appointment
- Get information about preventive screening services



AVAILABLE
24-7

Medica CallLink® connects you with advisors and nurses around the clock. When you call, you'll receive trusted answers, information and support for a wide range of health concerns. This service is available at no additional cost to you.

OUR MISSION

WE INSPIRE AND ENABLE
PEOPLE EVERYWHERE TO LIVE
FREE OF CHRONIC DISEASE.



omada



OMADA FOR PREVENTION PROGRAM

Omada empowers people to build healthy behaviors that last

- Omada is a digital lifestyle change program for people at risk for chronic conditions like:
 - Prediabetes
 - Hypertension
 - High cholesterol
 - Cardiovascular disease
- Participants learn how to apply meaningful changes around eating, activity, sleep, and stress, and then focus on sustaining those behaviors.



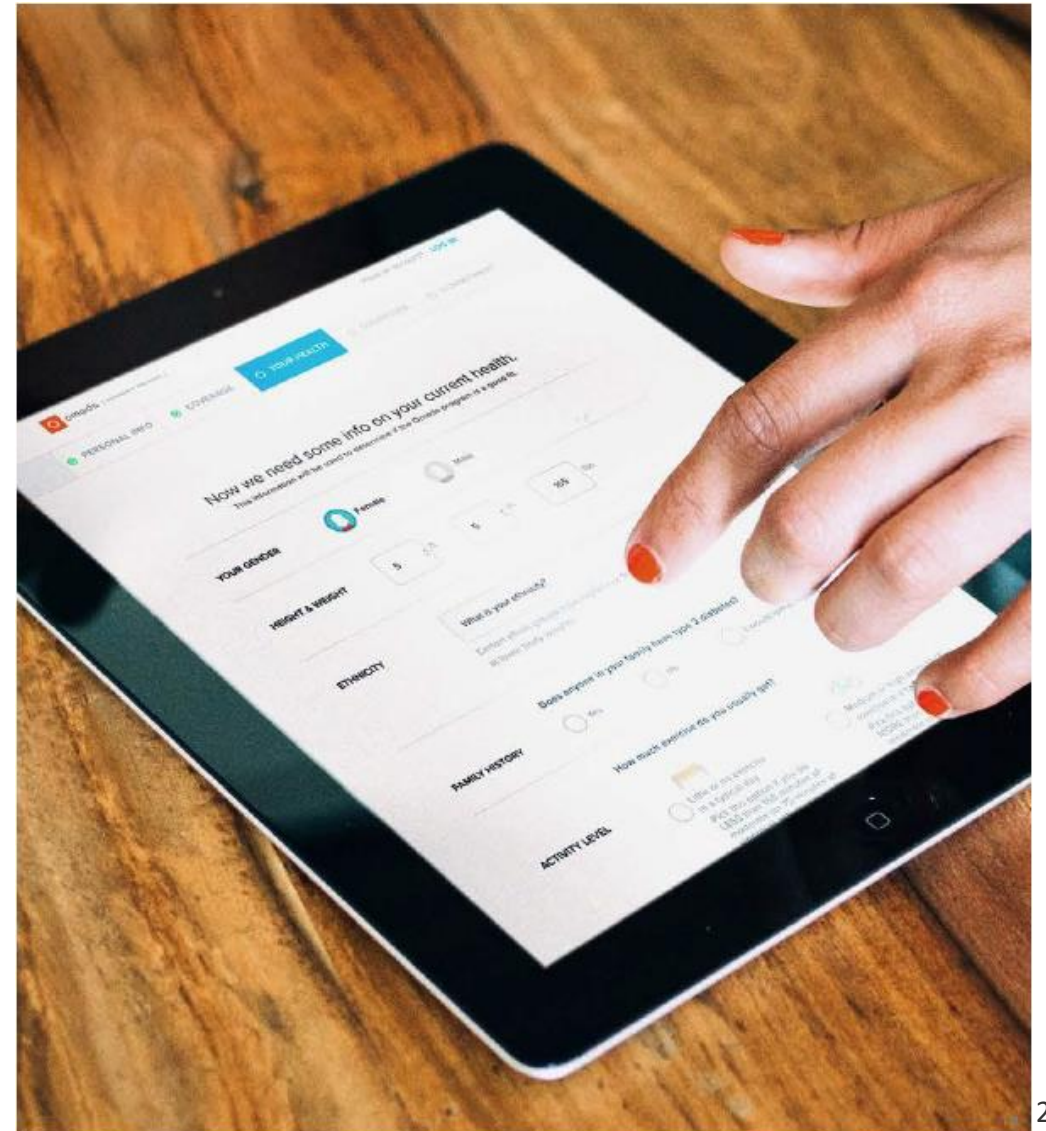
The image illustrates four key components of the Omada program:

- INTERACTIVE LESSONS:** A tablet displaying a choice between "Lite Microwave Popcorn" and "Lightly-Salted Air-Popped Popcorn".
- SMART TECHNOLOGY:** A smart scale with a digital display showing "0.0 lb".
- SUPPORT GROUP:** A tablet showing a group interface with members (Margaret, Annie, Stacy, George, Khushi), shared resources (Articles, Recipes, Photos), and discussion topics like "Family Friendly Dinner Recipes" and "Office birthday cake temptation".
- PROFESSIONAL HEALTH COACH:** A smartphone displaying a message from a health coach named Emily, providing advice on tracking food and switching to instant oatmeal.

OMADA FOR PREVENTION | Getting started

- Members receive information about the program and are directed to: omadahealth.com/duluthjpe to apply online
- Members complete a few easy questions to determine if they are at risk for certain chronic conditions, such as prediabetes or cardiovascular disease and eligible to participate
- If they are eligible, they enter some additional contact information to complete their enrollment
- Program is available to at no additional cost for the member.

Note: Individuals who have been diagnosed with Type 2 diabetes or are pregnant are not able to participate in the program

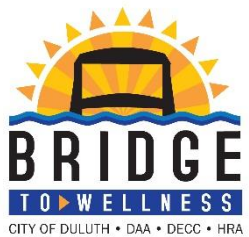


THANK YOU!

CONTACT: Angel Hohenstein ahohenstein@duluthmn.gov

218-730-5201 (goes to voicemail)

218-348-9428 (cell)



FOR QUESTIONS

