

# MY HEALTH REWARDS BY MEDICA®



MEDICA®

# GET STARTED

Welcome to My Health Rewards, an online tool 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.



## JOIN THE PROGRAM

If you already have a My Health Rewards account, simply log in to your account on the Virgin Pulse app or at [Medica.com/MyHealthRewards](https://www.Medica.com/MyHealthRewards) to get started.

If you need to create an account, follow these easy steps once your plan year starts:

- 1 Download the free Virgin Pulse app from the App Store or Google Play.
- 2 Open the app and click on *Create Account* under the Sign In button.
- 3 When asked for **sponsor organization**, search for "Medica" and select "**Medica My Health Rewards**" from the list.
- 4 Follow the instructions on the screen to complete your registration. Be sure to enter your name exactly as it appears on your Medica ID card.

Prefer to register online? Go to [Medica.com/MyHealthRewards](https://www.Medica.com/MyHealthRewards) to create your account.



## Earn rewards for healthy behavior

Our points-based incentive program offers rewards for completing healthy activities. Redeem points for e-gift cards, or shop for health and fitness products in the Virgin Pulse store. You can even choose to donate your rewards to a charitable cause.

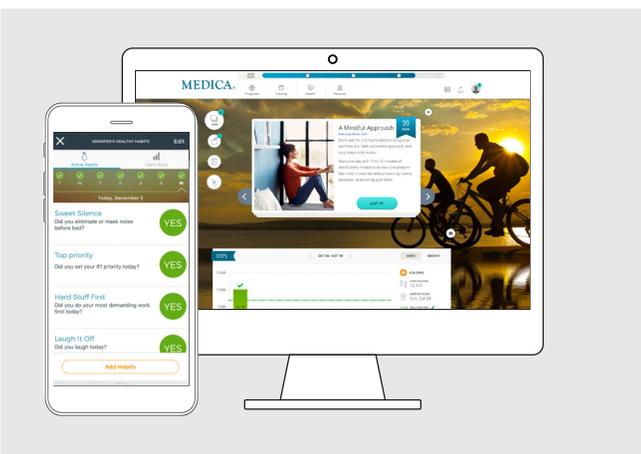
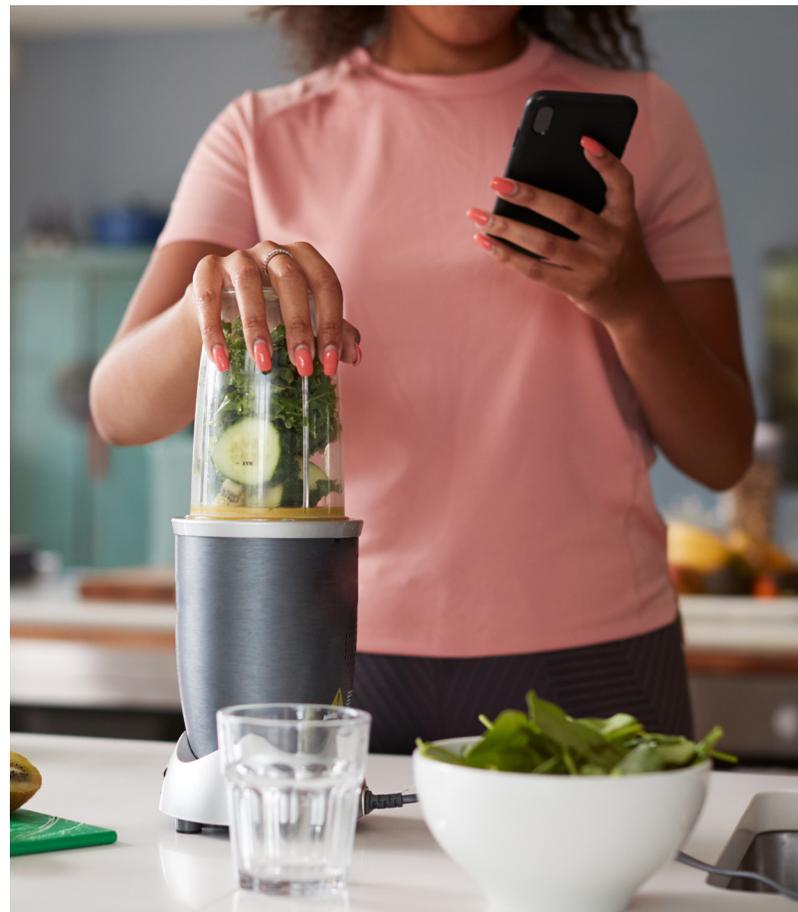
Activities include:

- Assess your health
- Personalize your health journey
- Connect a fitness tracker
- Explore tools and programs



## Assess your health

Get started with the health assessment. The confidential, short survey will give you a snapshot of your health across seven factors, from mental health to fitness. You'll get a personalized report with recommended actions and earn your first 1,000 points toward rewards.





## Personalize your health journey

Choose to work on the areas that matter the most to you, whether it's eating habits, sleep, physical activity, relationships, finances or something else. Go to the *Profile* page to choose your Topics of Interest. You'll receive Daily Learning Cards on your areas of interest. Review these daily tips, put some of them into action and you'll earn points toward rewards!

Want to make some improvements in your habits? Choose from over 125 different Healthy Habit activities, track your progress and earn points toward rewards. Over time, these small steps add up to big changes that can improve your health.



## Connect a fitness tracker

Steps. Calories. Sleep. Track one or all of these to make steady progress toward health improvements and earn points. You can connect a variety of fitness tracking devices and apps to your account. For a full list, go to the *Devices & Apps* page.

Don't have a fitness tracker? Consider redeeming reward points for the Max Buzz™, a Virgin Pulse fitness tracker that can be used to track activity and sleep. It's available in the Virgin Pulse store for 2,000 reward points. Or you can purchase it anytime you'd like for a reduced price of \$9 plus tax. Go to *Shop the Store*.

Connect a fitness tracker:

- Go to *Devices & Apps* on the *Profile* page.
- Choose the device you'd like to connect.
- Follow a few simple steps. You'll see instructions right on your screen.

Track your calories with MyFitnessPal. On the My Health Rewards site or app, go to *Devices & Apps* on the *Profile* page to find MyFitnessPal and click on *Connect*.



# TOOLS AND PROGRAMS

Get rewarded for engaging with tools and Medica programs that can help improve your overall well-being. Go to the *Benefits* page to learn more about these tools.

**Healthy Savings:** Learn how to save money on a variety of foods and healthy products with the Medica Healthy Savings program.

**Journeys®:** Journeys are daily, self-guided courses to help build healthy habits.

**Monj:** Monj empowers you to forever improve the way you eat, cook and connect.

**My Care Checklist:** Earn points by tracking your preventive care screenings and visits.

**Ovia Pregnancy:** The Ovia Pregnancy app supports your pregnancy journey with weekly pregnancy updates, one-on-one coaching, timely articles and health and wellness tips.

**Sanvello:** Sanvello is an app that provides on-demand help with stress, anxiety and depression.

**Sleep and Nutrition Guides:** Get customized tips and tools to help you improve your eating and sleep habits.

**Virtual Care Education:** Virtual care can be an easy way to get care for common health conditions. Learn more about your options.

# REWARDS SO MANY WAYS TO EARN

As you make progress toward your goals, you'll earn points for all those daily wins. Those points can add up to rewards of up to \$160 per year!

LEVEL	POINTS	REWARD AMOUNT	REWARD TYPE
1	2,000	\$10	E-gift card or other options
2	10,000	\$20	E-gift card or other options
3	25,000	\$50	E-gift card or other options
4	40,000	\$80	E-gift card or other options

Go to the *Rewards* page and click on *Learn How to Earn More Points* to see a list of all the ways to you can earn.

A Monthly Statement, also under the *Rewards* page, provides you with a daily summary of your points. Your points are cumulative throughout the calendar year.

With My Health Rewards, we'll help you make small, everyday changes to your well-being that are focused on the areas you want to improve the most. When you stick to our program, you'll build healthy habits, have fun and experience the lifelong rewards of better health and well-being. Go to the mobile app or log in to your account at [Medica.com/MyHealthRewards](https://medica.com/MyHealthRewards) to get started.



Questions? Contact Virgin Pulse at [medica.support@virginpulse.com](mailto:medica.support@virginpulse.com) or (833) 450-4074. Or use the Chat button if you're on a desktop.

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\*My Health Rewards is not available with all Medica plans. Medica reserves the right to modify the program requirements and devices at any time. Participation in a wellness program is optional. Rewards are available to all eligible employees that participate. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Email [medica.support@virginpulse.com](mailto:medica.support@virginpulse.com) or call Virgin Pulse at 833-450-4074 for information on available reasonable alternative standards and we will work with you (and, if you wish your physician) to find a wellness activity with the same reward that is right for you in light of your health status.

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