

The Summer Games Challenge

Don't feel left out and not be a part of this year's Summer Olympics! Join the Summer Game Challenge and be part of a team with your co-workers and/or family members **offered through the My Health Rewards portal.**

Your sport? Walking, of course. Just imagine the whole world watching as you step your way to a bragging rights.

Summer Olympic Challenge Dates: July 19, 2021 – August 2, 2021

Who is Eligible?

Any employees who are enrolled in Medica health benefits along with their eligible family members, 18 years and older.

- **Plus, have created a My Health Rewards account.**
 - *If you need to create an account, follow these easy steps:*
 - Download the free Virgin Pulse app from the App store or Google Play.
 - Open the app and click on Create Account under the Sign in button.
 - When asked for **sponsor organization**, search for "Medica" and select "**Medica My Health Rewards**" from the list.
 - 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** to create your account.
 - *If you already have a My Health Rewards account*, simply log in to your account on the Virgin Pulse app or at **Medica.com/My Health Rewards** to get started.

How Do I Create My Team?

The Summer Olympics Challenge registration will be available beginning July 9 – July 19, 2021 (10 days prior to challenge start date) when you click on Challenge via the home page:

- Up to five individuals per team.
 - Team selection options are based on the My Health Rewards registered participants within your company and family members only.
 - The Team Challenge may consist of one individual or a team up to five participants.
 - The participant will receive an invite to join the challenge and accept the invitation.
 - **Team Challenge Deadline: The teams must be selected no later than July 22, 2021 (three days after Challenge start date).**

Game On – How are my steps validated?

- **Step Tracking Options:** Manually or Eligible Sync Device Tracking
- **Manually Tracking:** Steps must be manually uploaded no later than August 3, 2021 (one day after Challenge)
- **Manually Tracking Limit:** Steps can be manually entered up to 6 days retroactive.
- **Recommended Average Steps per Day:** 7,000 steps with a daily step limit of no more than 30,000 steps.

How Are Rewards Given Out?

- **Challenge Registration:** 100 points
- **Challenge Engagement at a minimum of 1x per week:** 50 points each week
- **First Place Team Reward:** 500 points
- **Second Place Team Reward:** 400 points
- **Third Place Team Reward:** 300 points
- **Beyond Third Place Reward Winners:** 200 points

What Support Assistance Is Offered?

- Contact Virgin Pulse at medica.support@virginpulse.com
- Call Virgin Pulse at (833) 450-4074, Monday – Friday from 8 am – 8 pm.
- If on a desktop, use the chat button.

