

# Bridge to Wellness program



## Take the first step

Already have an account? Just sign in to your account on the Personify Health app (formerly Virgin Pulse) or at [Medica.com/BridgetoWellness](https://www.Medica.com/BridgetoWellness). Or follow these easy steps to create an account once your plan year starts:

### Employees:

- 1 Download the free Personify Health app (formerly Virgin Pulse) from the App Store or Google Play.
- 2 Open the app and click on “Create Account” under the “Sign In” button.
- 3 Search for and choose **Bridge to Wellness** on the sponsor organization list.
- 4 Follow the steps to sign up.

Prefer to sign up online? Go to [Medica.com/BridgetoWellness](https://www.Medica.com/BridgetoWellness) to create your account.

### Spouses and dependents ages 18+:

- 1 Download the free Personify Health app (formerly Virgin Pulse) from the App Store or Google Play.
- 2 Open the app and click on “Create Account” under the “Sign In” button.
- 3 Search for and choose **Medica My Health Rewards** on the sponsor organization list.
- 4 Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online? Go to [Medica.com/BridgetoWellness](https://www.Medica.com/BridgetoWellness) to create your account.

## Your healthier future starts now

Duluth Joint Powers Enterprise offers a variety of wellness resources and support to all benefits-eligible employees through the Bridge to Wellness program. This program has a points-based structure with four levels and encourages you to work on your health goals with daily engagement with the platform through tracking daily steps, sleep, activity and completing Healthy Habits activities and Daily Learning Cards personalized to your interests.

## Connect your fitness tracker

Earn points by connecting your fitness tracker and apps to track your activity, sleep, calories, and more. For a full list of compatible trackers, go to “Devices & Apps” in the “More” section.

- 1 Go to “Devices & Apps” in the “More” section
- 2 Choose the device or app you’d like to connect
- 3 Follow the on-screen instructions

## Personalize your health journey

Go to “Topics of Interest” under the “More” section to choose topics you’re interested in: eating healthy, sleeping well, reducing stress, and more. You’ll get daily learning cards with helpful tips. Complete the journey, and earn points toward rewards!

## Choose the tools and programs that work for you

Get rewarded for using tools and Medica programs that can help improve your overall well-being. Go to the “Benefits” page and click “View All” to learn more about them.

## Earn points, get rewards

### Plan subscribers, spouses, and dependents age 18 and older enrolled in the medical plan:

Complete any combination of activities and earn points and Rewards Cash – up to \$225 in rewards per year!

- 1 Go to the “Rewards” page
- 2 Click on “Learn How to Earn More Points”
- 3 See a list of all the ways you can earn

WAYS TO EARN	POINTS	REWARDS CASH	REWARD TYPE
<b>EARN PROGRAM POINTS</b>	2,000	\$10	E-gift card or other options
	10,000	\$20	E-gift card or other options
	25,000	\$50	E-gift card or other options
	40,000	\$80	E-gift card or other options
<b>\$160 per year</b>			
<b>20-DAY TRIPLE TRACKER</b>	Track any combination of the following activities on 20 or more days in a calendar month to earn a bonus reward: <ul style="list-style-type: none"> <li>• 7,000 steps a day and/or;</li> <li>• 15 active minutes a day and/or;</li> <li>• 15 workout minutes a day</li> </ul>	\$5 per month	E-gift card or other options
<b>\$60 per year</b>			
<b>PREVENTIVE CHECKUP</b>	Get your annual preventive health checkup and mark your completion date in “My Care Checklist”	\$5 per year	E-gift card or other options
Point-based rewards + 20-day triple tracker + preventive checkup rewards =		<b>Up to \$225 in rewards per year</b>	E-gift card or other options

### Plan subscribers enrolled in the medical plan and benefits-eligible employees not enrolled in the medical plan:

You have the opportunity to earn points that qualify for incentives of up to \$500 total per year from Duluth Joint Powers Enterprise. Points add up throughout the program year (Jan. 1 - Dec. 31).

- Tier 1: Earn a total of 5,000 points and you will earn \$150; or
- Tier 2: Earn a total of 10,000 points and you will earn \$300; or
- Tier 3: Earn a total of 25,000 points and you will earn \$500

**Total reward opportunities:** The maximum amount you can earn through the Bridge to Wellness program:

- Plan subscribers enrolled in the medical plan: \$725
- Spouses, and dependents age 18 and older enrolled in the medical plan: \$225
- Benefits-eligible employees not enrolled in the medical plan: \$500

Go to the mobile app or sign in to your account at [Medica.com/BridgetoWellness](https://Medica.com/BridgetoWellness) to get started.



### Have questions? We're here to help.

Email [MyHealthRewards.Support@PersonifyHealth.com](mailto:MyHealthRewards.Support@PersonifyHealth.com) or call 1 (833) 450-4074. Use the Chat button if you're using a web browser.