



My Health Rewards by Medica[®]

2025

Bridge to Wellness

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
EARN PROGRAM POINTS	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
\$160 per year			
20-DAY TRIPLE TRACKER	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">7,000 steps a day and/or;15 active minutes a day and/or;15 workout minutes a day	\$5 per month	E-gift card or other options
\$60 per year			
PREVENTIVE CHECKUP	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 =		Up to \$225 in rewards per year	E-gift card or other options

Bridge to Wellness

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

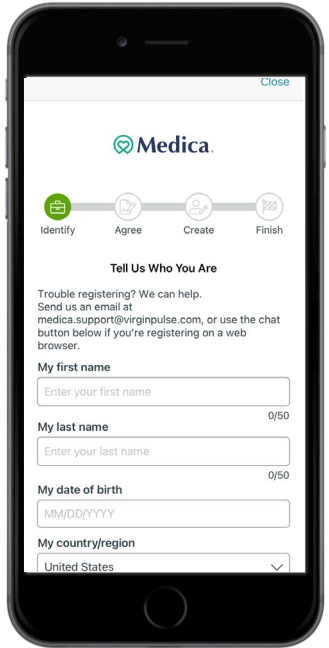
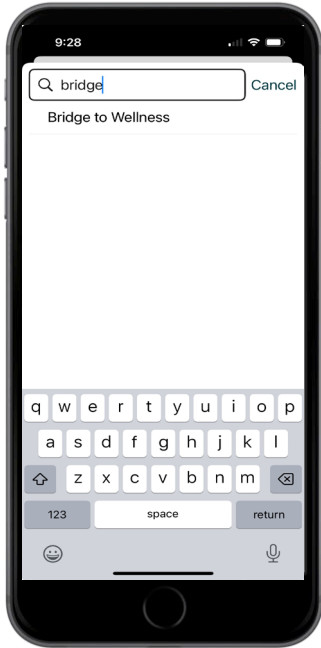
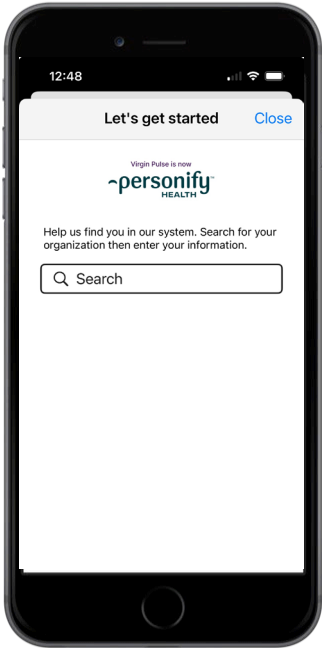
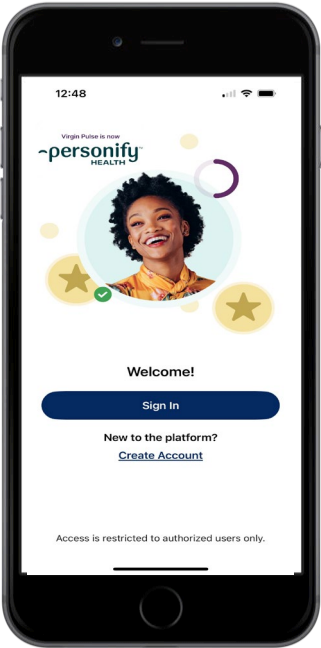
Go to the mobile app or sign in to your account at Medica.com/BridgetoWellness to get started.

Create your account

Registration process – Mobile App

- A mobile experience makes it easy to register and track your health habits anywhere, anytime.
- Download the free Personify Health app from the App Store or Google Play. Follow these simple instructions and you'll be ready to roll!
- Prefer to sign up online? Go to: **Medica.com/BridgetoWellness** to create your account.

STEP 1	STEP 2	STEP 3	STEP 4
Click on create account	Search for Bridge to Wellness	From the list, select Bridge to Wellness	Complete your registration

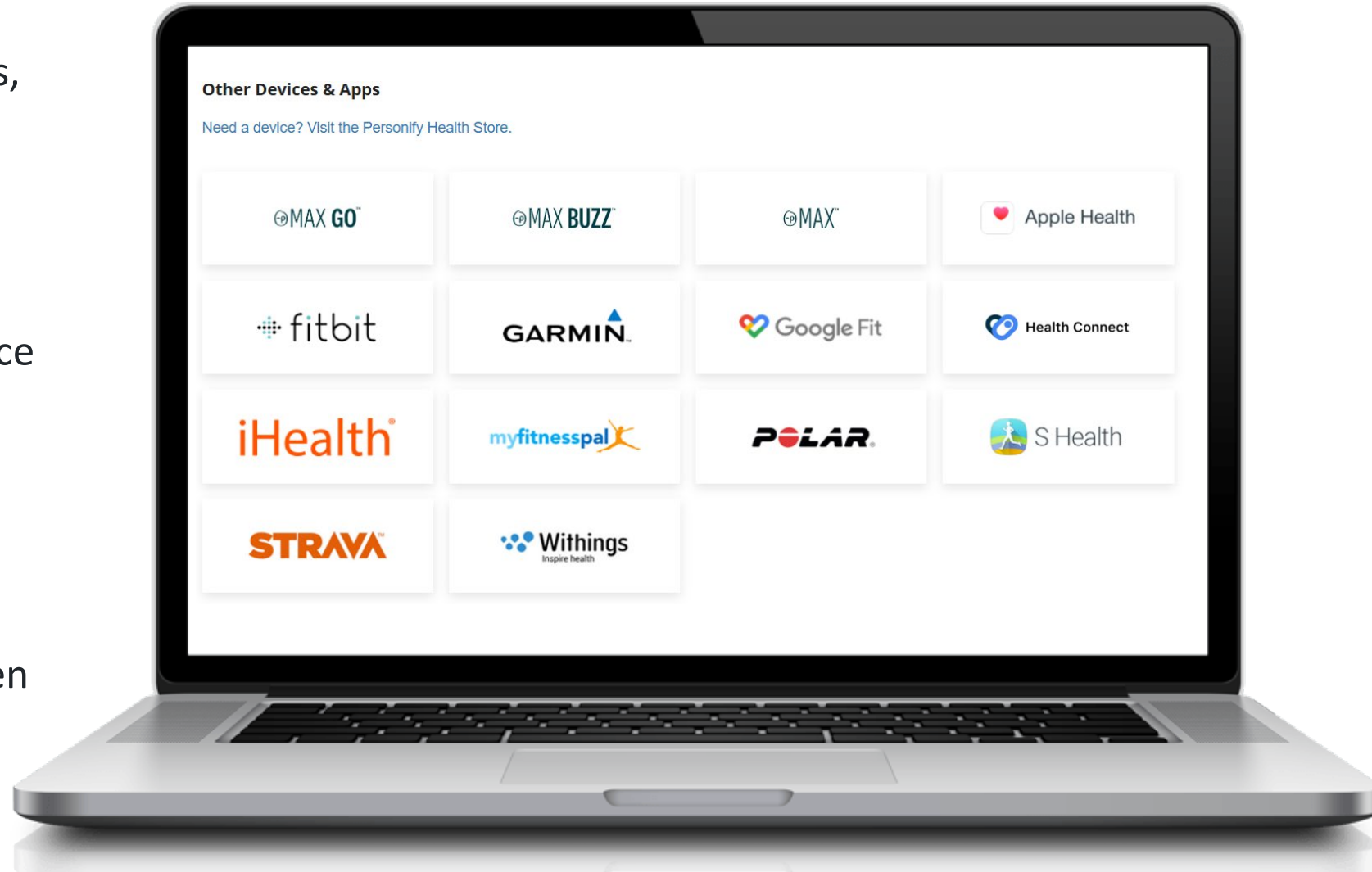


Bridge to Wellness

Connect your devices to track steps, sleep and activity. For a full list of devices go to More... on the home page and Devices & Apps page.

Connect your activity tracking device

- Go to More ...
- Go to Devices & Apps
- Choose the device or app you'd like to connect
- Follow instructions on the screen to connect your device.

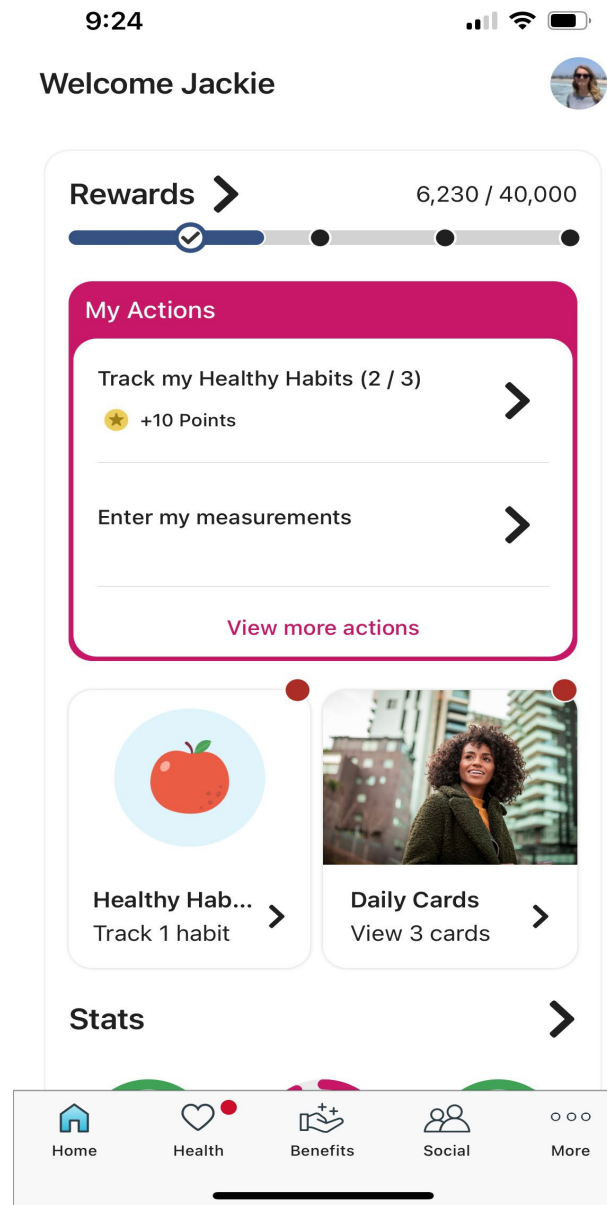


Bridge to Wellness

Home Page

The My Health Rewards website and mobile app layout:

- **Home** (Stats, Daily Cards, Healthy Habits, Rewards)
- **Health** (Journeys®, Health Assessment, My Care Checklist, Coaching, Nutrition Guide and Sleep Guide)
- **Benefits** (Monj, Next-Steps Consult, Foodsmart, Ovia, AbleTo, ESI, Virtual Care and more)
- **Social** (Calendar Events, Challenges)
- **Profile** (Devices & Apps, Shop the Store, Media library, Topics of Interest and more)



Member services support

Questions about the program, how to register and how to use the app:

- Personify Health Member Services is available by phone, chat, email or a self-service knowledge-base
- Phone: **1 (833) 450-4074**
 - Hours: Monday – Friday, 7 a.m. - 8 p.m. CST
- Chat: Use the Chat button if using a web browser.
 - Hours: 1:00 a.m. - 8 p.m. CST daily
- Email: [**MyHealthRewards.Support@PersonifyHealth.com**](mailto:MyHealthRewards.Support@PersonifyHealth.com)
- Knowledge base: [**PersonifyHealth.ZenDesk.com**](https://PersonifyHealth.ZenDesk.com)