



My Health Rewards by Medica®





Your healthier future starts now.

Earn points and get rewards with My Health Rewards, an online tool that helps you take small steps to reach your health goals.

Take the first step

Follow these easy steps to create an account once your plan year starts:

Employees:

- 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 Search for Medica on the sponsor organization list. Then choose **Minnesota Healthcare Consortium**.
- 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/MHC](https://medica.com/MHC) to create your account.

Spouses and dependents ages 18+:

- 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 Search for Medica on the sponsor organization list. Then choose **Medica My Health Rewards**.
- 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/MyHealthRewards](https://medica.com/MyHealthRewards) to set up your account.

Earn rewards for healthy behaviors

Our points-based 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
- Attend the Minnesota Healthcare Consortium Spring Virtual Wellness Conference
- Personalize your health journey
- Connect your fitness tracker
- Choose the tools and programs that work for you

Assess your health

Keeping up with preventive care keeps you feeling your best. First, go to the Health tab to complete your health assessment. Then, My Care Checklist gives you personalized, friendly reminders that let you know when you're due to see your health care provider. Earn points by tracking your preventive care screenings and visits.

Attend the Minnesota Healthcare Consortium Spring Virtual Wellness Conference

Learn some new tips to motivate you at the Spring Virtual Wellness Conference. After attending the conference, go to the Benefits page in My Health Rewards to enter your voucher code and earn 200 points.

Available to employees only.

Personalize your health journey

Go to the Profile page to choose topics you're interested in: eating healthy, sleeping well, reducing stress, and more. You'll get daily learning cards with helpful tips. Do some of them, and you'll earn points toward rewards!

Want to improve some of your habits? Choose from more than 125 Healthy Habit activities, track your progress, and earn points toward rewards. Over time, these small steps can add up to big changes.

Connect your fitness tracker

Steps. Calories. Sleep. Connect your fitness tracker and apps to your account. Make steady progress toward health improvements and earn points. For a full list, go to Devices + Apps on the profile page.

Don't have a fitness tracker? Use your points to get the Max Buzz™, a Virgin Pulse fitness tracker. It's in the Virgin Pulse store for 2,000 reward points or \$9 plus tax. Go to Profile then click Shop/Store.

Connect your tracker:

- 1 Go to Devices + Apps on the Profile page.
- 2 Choose the device or app you'd like to connect.
- 3 Follow the on-screen instructions.

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.

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 to learn more about them.

Eat Fit Go: Get healthy, ready-to-eat meals delivered straight to your home or office. As a My Health Rewards member, you'll get special savings on your meal purchases.

Healthy Savings: Learn how to save money on a variety of foods and healthy products.

Journeys®: Build healthy habits with daily, self-guided courses.

Monj: Up your cooking game and learn to make healthier meals.

Ovia Pregnancy: Get support throughout your pregnancy with weekly pregnancy updates, one-on-one coaching, timely articles, and health and wellness tips.

Sanvello: Get on-demand support for stress, anxiety, and depression. Check out the app's coaching tools, timely articles, and health and wellness tips.

Sleep and nutrition guides: Get personalized tips and tools to help improve your eating and sleep habits.

Virtual care education: Find easy ways to get care for common health conditions.



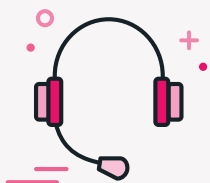
Earn points, get rewards

You'll earn points by making small, everyday changes. Those points can add up to \$160 per year in rewards!

- 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

A monthly statement, also under the Rewards page, gives you a summary of the points you've earned. Your points add up throughout the year.

WAYS TO EARN	POINTS	PULSECASH REWARD AMOUNT	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			
Point-based rewards + 20-day triple tracker rewards =		\$220 in rewards potential per year	E-gift card or other options



Questions?

Medica.Support@VirginPulse.com or 1 (833) 450-4074. Or use the Chat button if you're using a web browser.

**You must connect your fitness tracker to your My Health Rewards account. Manual tracking of steps and active minutes will not count toward earning the monthly reward.*

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

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** or call Virgin Pulse at **1 (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.