



My Health Rewards by Medica®

Establish and maintain healthy goals and habits and earn rewards in the process.

My Health Rewards offers a personal, social and interactive experience that will inspire you to make positive changes in your life. Simple and creative programs reinforce healthy habits and make it easy to adopt new healthier behaviors.

- **Easy and fun:** create your own personal path to health.
- **Social and engaging:** makes it easy to compete with friends and coworkers.
- **Multi-screen access:** available from many devices including desktops, tablets and smartphones.
- **Rewarding:** healthy habits are reinforced with rewards.



COMPASS™* – HELPING YOU UNDERSTAND YOUR HEALTH STATUS

Earn 100 points per year when you complete the Compass Health Assessment.

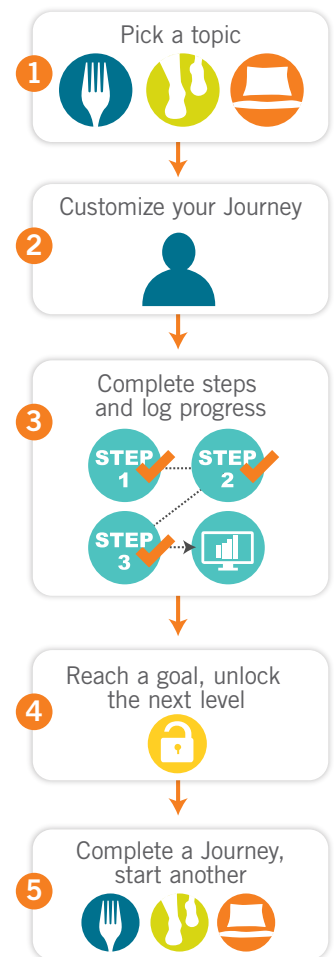
Our next generation health assessment uses graphics, pictures and other interactive elements. You'll be motivated to complete your own personal assessment. Results and recommendations are provided to you immediately and you can return to your assessment at any time to modify or update it with new information—just hit the RETAKE button.



NEXT-STEPS CONSULT™* - HELPING YOU UNDERSTAND YOUR HEALTH ASSESSMENT

Earn 25 points per year when you complete a Next-Steps Consult.

After you complete Compass, have a Next-Steps Consult. Talk to a Health Guide to review your health assessment results, learn about your health risks and identify steps toward healthy changes. Schedule your consult from the My Health Rewards home page or from the Expert Support function on your HealthMap. Remember to include your phone number in your request so we can call you for the consult.



MEDICA®

Personalize. Empower. Improve.



JOURNEYS®* – HELPING YOU DEVELOP HEALTHY NEW BEHAVIORS

Earn 50 points for every Journey you complete. Complete up to six Journeys to earn up to 300 points per year.

Take a Journey to better health! Journeys are designed to last a few weeks, depending on your unique path. You pick a healthy topic and as you succeed in completing the steps in your Journey you'll earn points to unlock small celebrations such as challenges and badges. And if you enjoy social media, you can easily post comments to Facebook and Twitter.



Members choose how to track



TRACK™* – HELPING YOU REINFORCE AND MAINTAIN HEALTHY HABITS

Earn points for tracking your activities. Achieve a minimum of 500 on your Daily Wellness Meter to earn one reward point for that day. Earn up to 200 reward points per year.

Track gives you credit for daily activities. You can log your healthy activities such as physical activity, healthy eating and life balance. A Daily Wellness Meter encourages you to set, and beat, your personal best every day.

- Track is accessible across multiple devices including desktops, tablets and smartphones.
- Tracking can be done on your My Health Rewards site and by syncing with select personal devices including Fitbit®, Jawbone® and Garmin™, or popular apps such as RunKeeper and MapMyFitness.



REWARDS FOR HEALTHY BEHAVIORS

Rewards encourage and motivate you to complete healthy programs and activities. We offer a points-based incentive program with built in rewards every step of the way:

- Five incentive levels
- Each level has a value of 100 points (500 points is maximum accumulation)
- \$20 gift card tied to each level
- Points are cumulative throughout the year

When you earn a reward, we'll automatically notify you. To get notifications by email, be sure your email address is listed correctly in your profile.

500 Points Earns fifth \$20 Gift Card
400 Points Earns fourth \$20 Gift Card
300 Points Earns third \$20 Gift Card
200 Points Earns second \$20 Gift Card
100 Points Earns first \$20 Gift Card

Up to \$100 in rewards

IMPROVING YOUR HEALTH. IMPROVING YOUR LIFE.

Health improvement can be fun and rewarding. My Health Rewards provides you with a set of personalized resources that motivate and challenge you to make healthy changes in your life.

Go to your member website, **mymedica.com**, and click on the Health and Wellness tab 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. Submit a question to medica.com/healthandwellnessquestions or call Medica Customer Service at 952-945-8000 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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My Health Rewards member
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