



## Set a goal to boost your well-being

If you're hoping to make some positive changes this year, setting a goal is a great start. Putting a commitment in writing about what you want to accomplish can:

- Set a direction and move you forward
- Help you focus
- Motivate you
- Build confidence
- Lead to a happier life

Remember that change doesn't happen overnight and it's okay to make adjustments along the way. Allow yourself to enjoy the journey toward your healthiest self — one small step at a time. My Health Rewards by Medica® can help you stay motivated in your well-being goals.

## My Health Rewards by Medica®



Build healthier habits and reach your goals with My Health Rewards by Medica.® Whether you want to stress less, quit smoking, or eat more fruits and veggies, My Health Rewards makes it fun — and rewarding. You'll earn rewards as you complete activities personalized just for you.

After you register for your My Health Rewards account, download the free Virgin Pulse app from the [App Store](#) or [Google Play](#). Sign in to your account on the app to get started.

### What's new with My Health Rewards in 2024

#### 1. Annual health checkup reward for My Health Rewards Standard and Results members:

- Beginning Jan. 1, 2024, earn an additional \$5 reward per year when you complete your annual preventive health checkup. Members simply need to go to "My Care Checklist" on the "Health" tab and enter their "Health Checkup" completion date. (*Note: My Health Rewards Invest members aren't eligible to earn this additional reward.*)

#### 2. Learn about these Medica tools and programs on the "Benefits" page:

- Life Time® Digital fitness program
- Medica member website
- Online provider search tool

### Next-Steps Consult

A quick conversation with a professional may be just what you need to take the next step toward your well-being goals. Chat with a health guide to focus in on available programs and activities that fit with your interests and goals. Get motivated and create a plan for your well-being journey this year. [Sign in](#) to your My Health Rewards account to schedule a call today.



# January Wellness News



## **It's coming: Music of the World challenge**

What is good for our heart is good for our soul. Nothing gets us moving — truly moving — like music. Moving is essential to a healthy heart. This musical journey will take you all over the world in search of music's coolest venues and most fascinating histories.

**Who can join?** Employees and family members ages 18+ who are enrolled in a Medica health plan and have a [My Health Rewards by Medica® Standard or Results account](#).

**Registration dates:** Feb. 2 – 14, 2024

**Challenge dates:** Feb. 12 – 26, 2024

On Feb. 2, watch for email reminders from My Health Rewards and messages on the My Health Rewards website and app under the “Social/Challenges” section.

You'll even earn points for joining and participating. [Sign in](#) to your My Health Rewards account to join on Feb. 2.