



Get on the path to better sleep

Getting good sleep isn't just important for your energy levels — it is critical for your overall health. Most adults need at least seven hours of sleep each night. However, more than one in three American adults say they don't get the recommended amount of sleep. While this may be fine for a day or two, not getting enough sleep over time can lead to serious health problems — and make certain health problems worse. Improve your sleep by making just a few simple changes and see a positive impact on your mental and physical health.

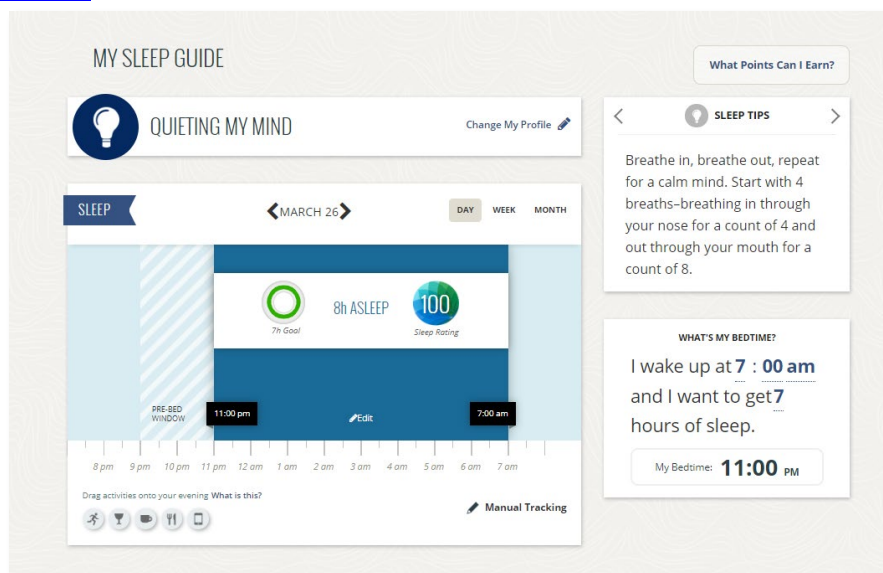
My Health Rewards by Medica®

[Sign in](#) to your My Health Rewards account to find these resources and more!

Sleep guide

Want to work on your sleep habits? Our sleep guide can help. Pick a sleep profile, get customized tips, and see all your sleep data in one place. Use it to track your bedtime routine and nightly sleep, and be on your way to sleeping better. Go to the “Benefits” page, and choose “Sleep Guide” to get started.

[View the Sleep Guide flier.](#)



Sleep-related Journeys

Pick one sleep-related Journey to complete and receive simple scientific tips on how to improve your sleep. Earn 250 points for each Journey you complete. Go to the “Health” tab and choose “Journeys.”

Topics of Interest: Sleeping Well

Explore the Sleeping Well topic to discover additional resources to help you get to dreamland. Tap “More” in the main menu and select “Topics of Interest.”



April Wellness News



Reminder: Rest and Recharge challenge

Quality sleep helps your mind and body stay in tip-top shape. It's the key to waking up feeling energized and focused to tackle a brand-new day. In this challenge, set a goal for how many hours of sleep you want to get, and track it. Create a bedtime routine that helps you disconnect and calm your body and mind. Then, when it's time to sleep, get the rest you've been dreaming of.

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: Apr. 5 - 17, 2024

Challenge dates: Apr. 15 - 29, 2024