

# My Health Rewards by Medica® Invest



**Invest in your health. Invest in your future.**

## How it works

My Health Rewards Invest is an online tool that helps you take small steps to reach your health goals.\* When you meet three wellness goals for sleep, activity, and Healthy Habits, you'll get rewarded! Each month, you can earn up to \$75, deposited quarterly into your Health Savings Account (HSA).\*\* Expect to get your deposit six weeks after each quarter ends.

WELLNESS GOAL	DETAILS	MONTHLY REWARD
Sleep	Sleep more than 7 hours a night for 20 days in a calendar month.	\$25
Healthy Habits	Track any Healthy Habit for 20 days in a calendar month.	\$25
Activity	Take 10,000 steps a day for 20 days in a calendar month.	\$25

**Up to \$75 per month (up to \$900 per year)**

Only subscribers with an HSA can earn the My Health Rewards Invest rewards. Your spouse and dependents, ages 18 and older, are eligible for the My Health Rewards standard program and can go to [Medica.com/MyHealthRewards](https://www.Medica.com/MyHealthRewards) for more information.

## Take the first step

Already have a My Health Rewards Invest account? Sign in to your account on the Virgin Pulse app or at [Medica.com/Invest](https://www.Medica.com/Invest).

Or create an account once your plan year starts by following these steps.

- 1 Download the 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 and then choose "Medica My Health Rewards Invest"
- 4 Follow the steps to sign up and enter your name exactly as it appears on your Medica ID card



Scan the code above with your phone's camera to register or sign in to your account.



## Ready to meet your wellness goals?

### Follow these steps to help you earn your monthly rewards:

- 1 Connect your fitness tracker:** For your Sleep and Activity goals, you must connect your fitness tracker to your My Health Rewards Invest account. Manual tracking of steps and sleep will not count toward your wellness goals. To connect a fitness tracker:
  - Go to the “More” section
  - Select “Devices & Apps”
  - Choose the device or app you’d like to connectDon’t have a fitness tracker? Ask your employer about the Max Buzz™, a Virgin Pulse fitness tracker that can be used to track activity and sleep.
- 2 Track your Healthy Habits:** Dozens of Healthy Habits are available with different areas to focus on like reducing stress, eating healthier, or saving money. Browse to “Healthy Habits” on your My Health Rewards Invest home page and add the habits you want to keep track of. Track your Healthy Habits for 20 days in a calendar month to earn \$25 per month toward your HSA.
- 3 Sync at least weekly:** Sign in to sync your fitness tracker to your My Health Rewards Invest account at least weekly. Your sleep and steps should appear on the “Stats” page when synced properly. You can sync your activities up to 14 days in the past. You’ll need to sync all activity by the last day of the calendar month.
- 4 Track your progress:** Go to the “Rewards” page to track your progress toward earned rewards. For each wellness goal, you can see a progress bar showing how many days you’ve successfully tracked. Remember to meet a minimum of 20 days in a calendar month to receive your reward.

With My Health Rewards Invest, we’ll help you make small, everyday changes to your well-being that are focused on the areas you want to improve the most. When you stick to our program, you’ll build healthy habits, have fun, and experience the lifelong rewards of better health and well-being. Sign in to your account on the Virgin Pulse mobile app or at [Medica.com/Invest](https://www.Medica.com/Invest) to get started!



### Have questions? We’re here to help.

[Medica.Support@VirginPulse.com](mailto:Medica.Support@VirginPulse.com) or **1 (833) 450-4074**. Use the Chat button if you’re using a web browser.

\*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](mailto: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.

\*\*Only subscribers with an HSA can earn the My Health Rewards Invest rewards. It’s important to know the IRS HSA contribution limits and plan accordingly.