

My Health Rewards by Medica®



Journeys® guide

Whether you want to eat healthier, sleep more, stress less, or get fit, My Health Rewards helps you take small steps to reach your health goals. Turn your healthy activities into a habit you can master. Want to get a better night's sleep? Exercise more? Stress less? Journeys are self-guided digital courses to help you build healthy habits. They give you daily support in areas you want to focus on. Complete a Journey and get on the path to better health! Take that first step toward wellness by starting a Journey today.

Get started

Get started with Journeys:

1. **Sign in to your My Health Rewards account**, go to the "Health" tab and choose "Journeys."
2. **Find the Journey that's right for you.** If you'd like to see all the Journeys, click "View All."
3. **Click on the Journey you'd like to learn more about.** Select "Start" to begin your Journey.
4. **Your Journey begins with one step.** Come back every day as you build your new healthy habits.

Choose a Journey

Choose a Journey that supports your wellness goals:

- Finding emotional balance
- Learning about diversity, equity, and inclusion
- Easing back, muscle, and joint pain
- Maintaining a healthy pregnancy
- Navigating a variety of health situations
- Reducing stress
- Managing finances

My Health Rewards offers more than 60 Journeys. We'll help you make small, everyday changes to your well-being that are focused on the areas you want to improve the most. If you haven't already, download the Virgin Pulse mobile app to access your My Health Rewards account on the go and keep track of your progress, activity, and more.

My Health Rewards isn't 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 who 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 alternatives, and we'll work with you to find a wellness activity with the same rewards.*



Have questions? We're here to help.

Contact Virgin Pulse member services at Medica.Support@VirginPulse.com or **1 (833) 450-4074** (TTY: **711**). Use the Chat button if you're using a web browser.