

# My Health Rewards by Medica®



## Mobile app guide

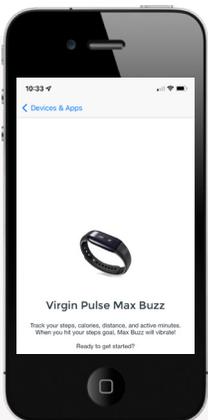
Track your healthy habits anytime, anywhere with My Health Rewards\* — powered by Virgin Pulse, a pioneer in digital health and wellness solutions. Whether you want to eat healthier, sleep more, stress less, or get fit, My Health Rewards helps you take small steps to reach your health goals.

Download the free Virgin Pulse mobile app from the App Store or Google Play. Use My Health Rewards on the go and keep track of your progress and activity. **Use the mobile app to:**



### Track your progress

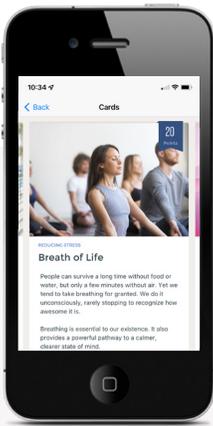
- See your steps, activity, and healthy habits
- Check your progress toward rewards



### Connect a device

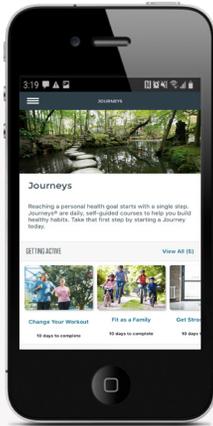
Here are a few ways:

- Sync an activity tracker with your smartphone and start monitoring your activity
- Use the Virgin Pulse app to count your steps. Check the App Store or Google Play to download the app on a supported device for iOS and Android
- Order a fitness tracker in the Virgin Pulse store
- See your options by going to the Devices + Apps section



## Complete your daily learning cards

- Get daily tips to help you live well and meet your health goals
- Collect cards uniquely matched to your interests and habits



## Explore tools and programs

- Try the digital coaching tool, Journeys®, to make simple changes to your health
- Take the health assessment to get a snapshot of your health
- Go to the Nutrition Guide and Sleep Guide to read helpful tips

With My Health Rewards, we'll help you make small, everyday changes, focused on the wellness areas you want to improve the most. To get started, download the free Virgin Pulse app from the App Store or Google Play. You can sign in with the same username and password that you use on the My Health Rewards website.



\*My Health Rewards is not available with all Medica plans. Medica has the right to change the program requirements 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 have an opportunity to earn the same reward in different ways. Email [Medica.Support@VirginPulse.com](mailto:Medica.Support@VirginPulse.com) or call Virgin Pulse at 1 (833) 450-4074 for more information.