

# My Health Rewards by Medica® Results



## Your healthier future starts now

The My Health Rewards online tool and app lets you log healthy habits, track activity through a fitness tracker, and complete other healthy activities to earn rewards. Rewards can be redeemed as e-gift cards and health and fitness products. You can also choose to donate your rewards to a charitable cause.

## Sign-up today

Already have an account? Sign in to your account on the Virgin Pulse app or at [Medica.com/MyHealthRewards](https://www.Medica.com/MyHealthRewards).

Or create an account once your plan year starts:

- 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 choose “Medica My Health Rewards”
- 4 Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card



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

## Assess your health

Keeping up with preventive care helps you feel your best. First, go to the “Health” tab to complete your health assessment. Then, “My Care Checklist” gives you personalized, friendly reminders that let you know when you're due to see your health care provider. Earn points by tracking your preventive care screenings and visits.

You'll even earn a bonus \$5 reward each year when you complete your annual preventive checkup (just enter the date in “My Care Checklist”).

You may also get a biometric screening to better understand your health status. Biometric screenings may be available at your clinic or doctor's office when you bring the health screening form, or they can be completed through many national networks. Check the “Benefits” page to learn more and earn points when your health numbers fall within recommended ranges.

## Personalize your health journey

Go to “Topics of Interest” under the “More” section to choose the topics you're interested in: healthy eating, sleeping well, getting active, reducing stress, managing finances, and more. You'll get daily learning cards with helpful tips and can choose from more than 125 Healthy Habit activities to track. These small steps can add up to big changes and you'll earn points along the way!

## Connect your fitness tracker

Earn points by connecting your fitness tracker and apps to track your activity, sleep, calories, and more.

- 1 Go to “Devices & Apps” in the “More” section
- 2 Choose the device or app you'd like to connect
- 3 Follow the on-screen instructions

Don't have a fitness tracker? Use your points to get the Max Buzz™, a Virgin Pulse fitness tracker, or buy it for \$9 plus tax through the Virgin Pulse store. Go to “More” then click “Shop/Store.”

## Choose the tools and programs that work for you

Get rewarded for using tools and Medica programs that can help improve your overall well-being. Go to the “Benefits” page and click “View All” to learn more about them.

### Earn points, get rewards

Make small, everyday changes and earn points and other rewards — up to \$225 in rewards per year!

- 1 Go to the “Rewards” page
- 2 Click on “Learn How to Earn More Points”
- 3 See a list of all the ways you can earn

A monthly statement, also under the “Rewards” page, gives you a summary of the points you’ve earned. Your points add up throughout the year.

WAYS TO EARN	POINTS	PULSECASH REWARD AMOUNT	REWARD TYPE
EARN PROGRAM POINTS	2,000	\$10	E-gift card or other options
	10,000	\$20	E-gift card or other options
	25,000	\$50	E-gift card or other options
	40,000	\$80	E-gift card or other options
<b>\$160 per year</b>			
20-DAY TRIPLE TRACKER	Track* any combination of the following activities on 20 or more days in a calendar month to earn a bonus reward: <ul style="list-style-type: none"> <li>• 7,000 steps a day and/or;</li> <li>• 15 active minutes a day and/or;</li> <li>• 15 workout minutes a day.</li> </ul>	\$5 per month	E-gift card or other options
<b>\$60 per year</b>			
PREVENTIVE CHECKUP	Get your annual preventive health checkup and mark your completion date in “My Care Checklist”	\$5 per year	E-gift card or other options
Point-based rewards + 20-day triple tracker + preventive checkup rewards =		<b>\$225 in rewards potential per year</b>	E-gift card or other options

\*You must connect your fitness tracker to your My Health Rewards account. Manual tracking of steps and active minutes will not count toward earning the monthly reward.

Go to the mobile app or sign in to your account at [Medica.com/MyHealthRewards](https://www.Medica.com/MyHealthRewards) 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.