

TakeCharge Rewards



Live healthy, earn rewards

Essentia Health offers a variety of wellness resources and support to all employees through the TakeCharge Rewards program. This program has a points-based structure with four levels and encourages you to work on your health goals with daily engagement with the platform through tracking daily steps, sleep, activity and completing Healthy Habits activities and Daily Learning Cards personalized to your interests.

Take the first step

Already have a TakeCharge Rewards account? Just sign in to your account on the Virgin Pulse app or at [Medica.com/TakeCharge](https://medica.com/takecharge). Or follow these easy steps to create an account once your plan year starts:

1. Download the free 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 Essentia on the sponsor organization list. Then choose Essentia TakeCharge.
4. Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online? Go to [Medica.com/TakeCharge](https://medica.com/takecharge) to create your account.

Earn rewards for healthy behaviors

For health plan members:

- If you earn 10,000 points by Sept. 30, 2022, Essentia will contribute \$300 to your Health Savings Account or a premium reduction toward next year's health insurance premiums.
- For the points you earn throughout the year, Medica will send you an e-gift card or other reward options. There are four levels of points, each with a corresponding reward amount.

For non-health plan members:

- If you earn 10,000 points by Sept. 30, 2022, you'll be entered into a drawing for \$50 gift cards.

LEVEL	POINTS	REWARD AMOUNT	REWARD TYPE
1	2,000	\$10	E-gift card or other options
2	10,000	\$20	E-gift card or other options + \$300 HSA or premium discount for following plan year.
3	25,000	\$50	E-gift card or other options
4	40,000	\$80	E-gift card or other options

Track* any combination of 7,000 steps a day and/or; 15 active minutes a day and/or; 15 workout minutes a day on 20 or more days in a calendar month to earn a bonus reward of \$5 per month (e-gift card or other options).



Choose the tools and programs that work for you

Check out some of the ways you can earn points through TakeCharge Rewards. Sign in at [Medica.com/TakeCharge](https://www.Medica.com/TakeCharge) to complete or log your well-being program activities and see all the ways to earn points.

WELL-BEING PROGRAM	DESCRIPTION	POINTS EARNED
Health Assessment	Online health assessment that helps you understand your health status and receive a personalized report with recommendations.	2,500 points
Essentia Health custom programs	<ul style="list-style-type: none"> Community Volunteering - 2,000 points Tobacco Cessation Counselor Services - 2,000 points Well-being related seminars, programs and events - points vary Wellness Committee Participation - 2,000 points Retirement account - 500 points Review Essentia Health Pharmacy Benefits- 500 points Essentia Health MyChart account (Essentia patients) - 250 points 	See activities listed to the left for points earned
Journeys interactive online activity	Interactive online activities that focus on developing healthy new behaviors.	250 points per Journey to a maximum of 1,000 points per year (complete one Journey maximum per quarter)
Track daily activity and healthy choices	Receive credit for making healthy choices within the areas of physical activity, healthy eating and living well.	10 points per 1,000 steps. The more steps you take, the more points you earn.
Fit Choices by MedicaSM health club visits**	Visit a participating gym eight times a month for any four months between Jan.1 and Aug. 31, 2022.	2,000 points
TakeCharge healthy behavior activity	Personal behavior is a major contributor to your overall health. Complete a healthy activity of your choice.	750 points per activity to a maximum of three activities per year (maximum of 2,250 points per year)
Next-Steps Consult[®] with a personal health guide	Talk to a Personal Health Guide to help with understanding your health results, learn about your health risks and identify steps toward healthy changes.	500 points
My Care Checklist	Earn points by tracking your preventive care screenings and visits.	500 points for each completed preventive care visit or screening. Members may see different preventive care screenings depending on their sex and age.
Virtual care education**	Confirm that, if appropriate, you understand your virtual care options and will use a preferred virtual care provider.	250 points
Omada for Prevention	Support to make changes around eating, activity, sleep, or stress that can help you lose weight and reduce your risks for type 2 diabetes and heart disease.	1,000 points for enrollment and 2,000 points upon core program completion.
Omada for Diabetes	Personalized support and coaching plus a glucose meter and supplies to help improve your blood glucose control.	1,000 points for enrollment and 2,000 points upon core program completion.



Questions?

Visit [Medica.com/TakeCharge](https://www.Medica.com/TakeCharge) or call Virgin Pulse at **1 (833) 450-4074**.

*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.

** Only available to health plan members.

All employees can participate, however, you must be the policyholder for the Essentia Employee Health Plan to earn 10,000 points by Sept. 30, 2022 to receive the insurance incentive of a \$300 premium reduction or \$300 health savings account contribution depending on your plan. Your savings will be reflected in 2023. You must also be an Essentia Health plan member to earn the Medica-funded gift cards.