

# 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 master. Want to get a better night's sleep? Exercise more? Reduce your stress? Journeys are self-guided digital courses. They give you daily support in areas you want to focus on. Complete a Journey and get on the path to better health!

### Get Started

Get started with Journeys:

1. **Log in to your My Health Rewards account**, go to the *Health* tab and choose *Journeys*.
2. **Find the Journey that is right for you.** If you would like to view all the available Journeys in a topic, click *View All*.
3. **Click on the Journey you would like to learn more about.** Click *Start* to begin your Journey.
4. **Begin your Journey by taking the first step.** Come back every day as you build up a new key healthy habit.

### Choose a Journey

Choose a Journey that interests you:

#### Getting Active

**Fit as a Family:** Kids start forming physical activity patterns as toddlers. But it's never too late to start. Build the habits you want for your family starting with 5 or 10 minutes. All you need: Some creativity, a sense of adventure and a willingness to get silly.

**Move to Lose:** To lose weight, most people think they need to eat less or exercise harder. But there's another smart way to burn more calories every day. Scientists call it "NEAT" and it stands for the calories you burn when you're NOT exercising. NEAT is about being more active in small ways all day long.

**Walk Your Way to Fitness:** You don't have to run marathons to get measurable health benefits from exercise. Just start walking. A goal of 30 minutes a day is all you need to be on your way. Let us show you.

#### Eating Healthy

**More Veggies in No Time:** Looking for a quick addition to meals and snacks? Go for vegetables. They're filled with fiber, nutrients, vitamins and minerals. With so many different choices and easy prep, you can be a veggie master in no time.

**Smart Portions:** The size of meals and snacks can make a big difference when it comes to making sure your calorie intake is on track for your goals. Learn some simple tricks to make smart portion choices.

**Eat Like a Mediterranean:** Mediterranean-style eating is filled with healthy foods like veggies, fruits, whole grains, fish and healthy fats. Learn how to put together delicious meals and snacks at home. And you can go Mediterranean when you're out to eat, too.

## Sleeping Well

**Calm Your Mind for Sleep:** Is your mind racing when it's time for bed? You're not alone. For many people, bedtime can be stressful. It's one of the few times of the day that's quiet — and as a result, worries can creep up. Learn how to calm your mind before bed and get better rest.

**Get Back to Sleep:** If you wake up and can't get back to sleep, you won't feel like yourself later when you have to get up. Learn tips for getting back to sleep right away. You'll also learn what to do if you're wide-eyed for longer.

**Sleep for Parents:** Whether you have a newborn, kids or teens, it can be hard to sleep well as a parent. But having kids doesn't mean you always have to be sleep deprived. Learn techniques for getting more rest, whether your kids need a 2 a.m. bottle, midnight hug or a late ride home.

## Reducing Stress

**Choose a New Attitude:** You probably know how a bad day can suck the energy right out of you. Here's the good news: You can break the cycle. Small step by small step, you'll learn to coach yourself into a new frame of mind.

**Find Your Focus:** Work smarter by growing your brainpower. Train your brain to stay on one task at a time, bringing you more energy and better productivity.

**Stress Less in 10 Minutes:** We all feel some stress, but too much stress can harm your health and productivity. Learn some simple ways you can lower stress before it becomes a problem. These steps can be done in 10 minutes or less. You'll soon be in the habit of dialing down your stress level every day!

## Managing My Finances

**Financial Fitness: Plan for Emergencies:** Surprises happen in life. The best way to be prepared? Plan for the unexpected. That means saving money, getting the right insurance coverage and setting up legal protection for yourself and anyone who depends on you.

**Organize for Financial Fitness:** Want more money? Getting organized is the first step. When you know where your money is coming from — and going — you'll waste less on mistakes. And you'll gain confidence by knowing exactly what you can afford. Organize your finances to help you achieve your goals.

**Shrink Your Debt:** Be honest: Do you know where your money went today? The truth is, many of us don't. No matter how much you make (or don't), smart money habits can be the difference between living well and always feeling like you're short on funds. Let us show you how.

## Being Tobacco Free

**Consider Quitting:** Not ready to quit? Consider what you like about smoking and why you don't want to quit. Notice the when/where/why of your use. Practice changing your routine. Increase confidence by taking control of situations that trigger you to smoke.

**Ready, Set, Stop Smoking:** Ready to quit? Enthusiasm is great, but it's even better with preparation. Make sure you know your triggers. Plan and practice ways to get past cravings. Decide if quit aids are right for you. Change your routines to avoid pitfalls. Use your strengths and build support to stay motivated as you quit.

**No Thanks, I Quit:** You're in a smoke-free zone: Good for you! Keep up tactics that help you manage cravings. Keep avoiding situations where you'll be tempted to light up. Practice saying, "No thanks, I quit." Learn how to get through the early days of quitting. Be inspired by others. Plan to celebrate your success.

With My Health Rewards, 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.



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