

MY HEALTH REWARDS BY MEDICA[®]



NUTRITION 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. Want to work on your eating habits? Our Nutrition Guide can help. Pick your nutrition profile and get customized tips, recipes and tools to help you track your calories. It's everything you need to eat healthier and stay on track.

Get started with the Nutrition Guide:

1. **Log in to your My Health Rewards account**, go to the *Benefits* page and choose the *Nutrition Guide*.
2. **Tell us about your eating habits.** Do you have a sweet tooth or prefer to go with whatever's convenient? Or are you already a healthy eater? Let us know.
3. **Decide which nutrition habits you want to work on.** We'll recommend a few research-based habits customized just for you. You can track these daily on your *Healthy Habits* page.
4. **If desired, set a weight goal.** Are you looking to lose weight, gain weight or maintain your current weight? Tell us your goal and we'll help you chart your progress.
5. **Track your calories with MyFitnessPal.** You can connect your MyFitnessPal account to My Health Rewards and get an in-depth analysis of your daily calories. When you track what you eat, you're more likely to make healthier choices.
6. **Get meal ideas.** Browse healthy, delicious recipes that you and your whole family will enjoy. Then create a meal plan and organize your grocery list.
7. **Reap the rewards!** When you connect to MyFitnessPal and track your calories, you'll get rewarded.

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.



*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 or call Virgin Pulse at (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.

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