

# My Health Rewards by Medica®



## Eat healthier. Save time. Reach your goals.

My Health Rewards is an online tool that helps you take small steps to reach your health goals.\* Want to work on your eating habits? Our collection of resources can help. You'll get customized tips, recipes, tools, and healthy foods delivered directly to your door. It's everything you need to stay on track.

It's easy to get started too. Just sign in to your My Health Rewards account, go to the Benefits page, and choose the tool you want to use:



### Eat Fit Go

Get healthy, ready-to-eat meals delivered straight to your home or office with Eat Fit Go. Made with high-quality, allergy-friendly ingredients, the flavor-packed meals stay fresh for at least 10 days in a refrigerator. As a My Health Rewards member, you get special offers toward your purchases with Eat Fit Go:

- Take 10% off all your orders!\*\* Each time at checkout, use code: VPEATS
- Buy five meals and get five free! Simply add 10 or more meals to your cart and at checkout, use code: VP5for5, and five of them will be free!\*\*\*



### Foodsmart by Zipongo

Foodsmart makes healthy eating simple and affordable.

- Explore recipes that fit your preferences, time, and budget and add them to your favorites
- Build a digital grocery list from your favorite recipes
- See how your eating habits stack up by taking the NutriQuiz



### Monj

Improve your eating habits with this online food and lifestyle program. Explore Monj's cooking lessons and essentials library to build your skills and know-how. Complete daily missions and learn in an interactive and enjoyable way.



## Nutrition Guide

Balanced eater? Meal planner? Pick your nutrition profile and the habits you want to work on, and we'll serve up tips and meal ideas just for you. Plus, get rewards for tracking with MyFitnessPal. When you connect your MyFitnessPal account to My Health Rewards, you'll get an in-depth analysis of your daily calories. When you track what you eat, you're more likely to make healthier choices.

With My Health Rewards, we'll help you make small, everyday changes that focus 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](mailto: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.

\*\*Orders for home shipping must be in quantities of five meals minimum, up to 20 meals per order.

\*\*\*One use per customer.