

MY HEALTH REWARDS BY MEDICA[®]



SLEEP 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 sleep habits? Our Sleep Guide can help. Pick a sleep profile, get customized tips and see all your sleep data in one place. Use it to track your bedtime routine and nightly sleep, and be on your way to sleeping better.

Get started with the Sleep Guide:

1. **Log in to your My Health Rewards account**, go to the *Benefits* page and choose the *Sleep Guide*.
2. **Determine how you want to improve your sleep.** Do you need tips for getting to bed earlier? Help with quieting your mind? Are you handling shift work? Let us know.
3. **Decide which sleep 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. **Set a realistic sleep goal.** Ideally, how many hours of sleep do you want to get? Research recommends 7 to 9 hours a night, and for some, that might be a challenge. Don't worry — our Sleep Guide can help you get there.
5. **Set up your sleep tracker.** You can track your sleep using Max Buzz™, Apple Health, Fitbit, Garmin, Google Fit, Misfit, Striiv or Withings. Decide which one you'll use to help you snooze.
6. **Reap the rewards!** When you track your sleep nightly, you'll get rewarded for sleeping more than 7 hours.

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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COM20573-1-01120

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