

TAKECHARGE REWARDS



LIVE HEALTHY. EARN REWARDS.

Essentia Health offers a variety of wellness resources and support to all employees through TakeCharge. In addition to these supports, you also have the opportunity to participate in 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.

TakeCharge Rewards

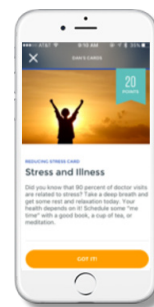
Continue your wellness journey, and earn points for your healthy choices. Go to the gym, green up your plate, or take time to destress — and watch the points rack up!

If you already have a TakeCharge Rewards account, simply log in to your account on the Virgin Pulse app or at [Medica.com/TakeCharge](https://medica.com/TakeCharge) to get started. If you created an account in 2020, your same login information will work (and you do not have to create a new account).

If you need to create an account, follow these easy steps 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. When asked for **sponsor organization**, search for “Essentia” and select “**Essentia TakeCharge**” from the list.
4. Follow the instructions on the screen to complete your registration. Be sure to enter your name exactly as it appears on your Medica ID card.

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



Live Healthy and Earn Rewards

For health plan members:

- If you earn 10,000 points by Sept. 30, 2021, 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.

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

For non-health plan members:

- If you earn 10,000 points by Sept. 30, 2021, you'll be entered into a drawing for \$50 gift cards.

Ways to Earn Points

Check out some of the ways you can earn points through TakeCharge Rewards. Log on to your TakeCharge Rewards site 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
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 Medica SM health club visits**	Visit a participating gym eight times a month for any four months between Jan.1 and Aug. 31, 2021.	2,000 points
Essentia Health on-site 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 - 500 points ▪ Wellness Committee Participation - 2,000 points 	See activities listed to the left for points earned
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.	100 points for each completed preventive care visit or screening. Members may see different preventive care screenings depending on their sex and age.
Check your diabetes risk	Take the pre-diabetes risk assessment.	250 points
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	Personalized pre-diabetes program designed to help you reach your health goals. *Note, you must qualify for this program in order to participate	1,000 points for enrollment and 2,000 points upon core program completion.
Essentia Health MyChart	If you are an Essentia Health patient, we encourage you to download and use the MyChart app in order to actively engage in your care.	500 points

Visit [Medica.com/TakeCharge](https://www.Medica.com/TakeCharge) to learn more and get started taking charge of your health. Or call Virgin Pulse at **1 (833) 450-4074**.

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** 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, 2021 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 2022. You must also be an Essentia Health plan member to earn the Medica-funded gift cards.

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