

MEDICA®

# BEGIN YOUR HEALTH JOURNEY



**My Health Rewards by Medica®** is an online tool that helps you reach your health goals at your own pace. With **JOURNEYS®**, you choose a health topic to work on and earn points for your progress. Redeem your points for rewards when you complete Journeys.

Download the free Virgin Pulse app, click on *Create Account*, search for Medica and then select *Medica My Health Rewards* to register. Or go to [medica.com/MyHealthRewards](https://medica.com/MyHealthRewards).