NEXT-STEMS CONSULT®

You’ve Completed Your Health Assessment. What’s Next?

Congratulations. You’ve taken the first step toward a healthier you! If you need a little extra help with your health and wellness, try a Next-Steps Consult.

Here’s How it Works

A Health Guide helps you make sense of your health assessment results. Health Guides have expertise in nutrition counseling, exercise physiology, chronic condition management and more. They can answer questions about your My Health Rewards program, results, points and rewards.

Consults are easy to schedule:

» Access the scheduler from your My Health Rewards home page. From the top-left Menu, choose Next-Steps Consult to access the scheduling page.

» Set up a 15-minute phone call at a time that’s convenient. Be sure to also enter your phone number in your profile so we can contact you for your consult. Click Profile under your name in the upper right-hand corner to enter your phone number.

» Talk to a personal Health Guide to discuss recommended programs.

» Receive help committing to a plan to keep your momentum going.

Earn 25 points per year when you complete a Next-Steps Consult.

One session with a guide is available each year.

Go to your member website, mymedica.com, and click on the Health and Wellness tab to get started.