



NEWS FOR EMPLOYERS

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My Health Rewards by Medica: New rewards option in 2022

My Health Rewards by Medica[®] inspires employees to build healthy habits – and rewards them for doing so. The 20-day triple tracker is a new earning opportunity for 2022. It rewards My Health Rewards Standard and Results members with an additional \$5 per month (up to \$60 per year) when they meet steps and activity tracking goals. My Health Rewards Invest members are *not* eligible for this additional reward.

Members need to track any combination of the following activities on 20 or more days in a calendar month to earn the \$5 bonus monthly reward (\$60 per year):

- 7,000 steps a day and/or
- 15 active minutes a day and/or
- 15 workout minutes a day

Members must connect their fitness tracker to their My Health Rewards account. Manual tracking of steps and active/workout minutes will not count toward earning the monthly reward.

In 2022, My Health Rewards Standard and Results members can earn up to \$220 in rewards annually through our points-based program and the 20-day triple tracker. Rewards can be redeemed for e-gift cards, donations to a cause or charity, and for purchasing health and fitness products.

My Health Rewards is included with fully insured plans and is a standard offering for self-funded employers. My Health Rewards Results and Invest are buy-up options for employers with 51+ employees (fully and self-insured).

Reminder: Form 5500 not produced automatically for self-insured groups

As a reminder, Form 5500 Schedule A and Schedule C are not automatically sent to self-insured groups and need to be specifically requested through your Medica representative. Most self-insured groups are not required to file Form 5500 Schedule A and Schedule C. Requests for 2021 forms take up to 15 business days to produce.

4members March email newsletter

The *4members* email newsletter will be distributed this week. Active commercial members who have registered on their secure Medica member website will receive this publication.

4members is available via PDF for employers and brokers who would like to distribute the content. Encourage your employees to register at [Medica.com/SignIn](https://www.Medica.com/SignIn) to receive this member publication.

View the *4members* March 2022 issue.

Member topic of the month: Deductibles, copayments, and coinsurance

Every month we feature ready-made promotional materials for one of our member programs or resources. Print the flier or email it to your employees, whichever you prefer!

This month we are providing information on deductibles, copayments, and coinsurance. The tip sheet below explains these terms and how they determine out-of-pocket costs.

View member tip sheet.



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