

# MY HEALTH REWARDS BY MEDICA®

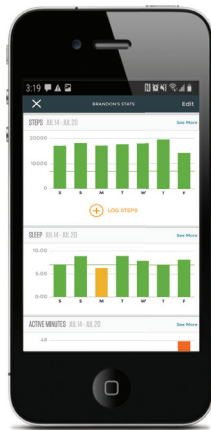


## MOBILE APP GUIDE

Track your healthy habits anywhere, anytime with My Health Rewards!\* My Health Rewards is powered by Virgin Pulse, a pioneer in digital health and wellness solutions that help you build healthy habits and live your best life. 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.

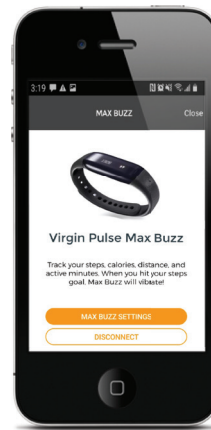
Download the free Virgin Pulse mobile app from the App Store or Google Play. Access your My Health Rewards account on the go and keep track of your progress, activity and more.

Use the mobile app to:



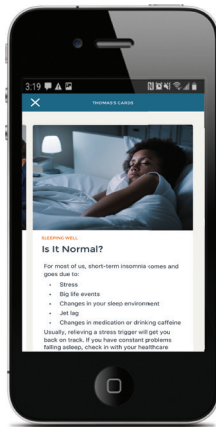
### Track Your Progress

- Track your steps, activity and healthy habits.
- Check your daily progress and stats.
- Go to the *Rewards* page to track your progress toward rewards.



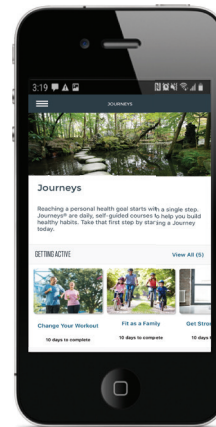
### Connect a Device

- Automatically sync an activity tracker with your smartphone and start tracking your activity.
- No tracking device? Just use the Virgin Pulse app on your Android phone (4.4 or higher) or iPhone (5S or higher) to track your steps. You can also order a fitness tracker in the Virgin Pulse store or connect to one of the compatible devices and apps to track your daily activity. Check out your options by going to the *Devices & Apps* section.



## Complete Your Daily Learning Cards

- View daily tips to help you live well and meet your health goals.
- The cards are uniquely matched to your interests and habits.



## Explore Tools and Programs

- Try the digital coaching tool, Journeys®, to make simple changes to your health.
- Take the health assessment to get a snapshot of your health.
- Go to the Nutrition Guide and Sleep Guide to get helpful tips.

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. Download the free Virgin Pulse app from the App Store or Google Play and get started. You can log in with the same username and password that you use to access your account on your desktop.



# MEDICA®

\*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](mailto: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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