

MY HEALTH REWARDS BY MEDICA®



ESTABLISH & MAINTAIN HEALTHY GOALS

Whether you want to eat healthier, sleep more, stress less or get fit, My Health Rewards is an online tool that helps you reach your health goals at your own pace. Earn points for completing activities and get rewarded on your own personal path to health.

Health Assessment – Helping you understand your health status

Earn 100 points per year when you complete the health assessment.

Your first step to living a healthier life begins with an online health assessment. Results and recommendations are provided to you immediately and you can return to your assessment at any time to modify or update it with new information—just hit the *Retake* button.

Next-Steps Consult® – Helping you understand your health assessment

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

After you complete your health assessment, have a Next-Steps Consult. Talk to a Health Guide to review your results, learn about your health risks and identify steps toward healthy changes. Schedule your consult from the My Health Rewards site. Remember to include your phone number in your request so we can call you for the consult.

Journeys* – Helping you develop healthy new behaviors

Earn 50 points for every Journey you complete. Complete six Journeys to earn up to 300 points per year.

Take a Journey to better health! Journeys are designed to last a few weeks, depending on your unique path. You pick a healthy topic and as you succeed in completing the steps in your Journey you'll earn points to unlock small celebrations such as challenges and badges.

Track* – Helping you reinforce and maintain healthy habits

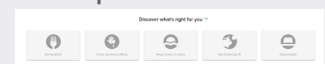
Earn points for tracking your activities. Achieve a minimum of 500 on your Daily Wellness Meter to earn one reward point for that day. Earn up to 200 reward points per year.

Track gives you credit for daily activities. You can log your healthy activities such as physical activity, healthy eating and life balance. A Daily Wellness Meter encourages you to set, and beat, your personal best every day.

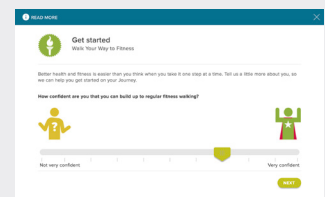
- Tracking can be done on your My Health Rewards site and by syncing with select personal devices including Fitbit® and Garmin™, or popular apps such as RunKeeper and MapMyFitness.

TAKE A JOURNEY

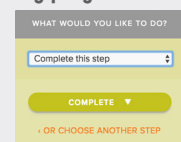
1. Pick a topic.



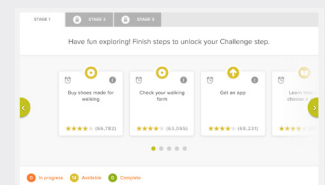
2. Customize your Journey.



3. Complete steps and log progress.



4. Reach a goal to unlock the next level.



5. Complete a Journey, start another.

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Virtual Care – Helping you understand your care options

Earn 25 points for understanding your virtual care provider options.

Virtual care visits, also known as online care or e-visits, are a quick and easy way to get care for common medical conditions. Connect with a provider using your computer or mobile device to get a diagnosis and treatment – even a prescription if you need one. Virtual care can save you time – and you'll earn points just for learning more about your options.

Monj – Helping you improve the way you eat

Earn 25 points for visiting the Monj site and completing your profile and 1 point per day (up to 200 points per year) for completion of daily missions.

Monj is an online food and lifestyle program that can help you increase your overall wellness, while learning important skills. You'll be guided through Monj's lessons—the blueprints for building healthy eating skills—and learn in an interactive and enjoyable way.

Rewards for Healthy Behaviors

Rewards encourage and motivate you to complete healthy programs and activities. We offer a points-based incentive program with built in rewards every step of the way:

- Five incentive levels
- Each level has a value of 100 points (500 points is maximum accumulation)
- \$20 gift card tied to each level
- Points are cumulative throughout the plan year

When you earn a reward, we'll automatically notify you. To get notifications by email, be sure your email address is listed correctly in your profile.

500 POINTS Earns fifth \$20 gift card
400 POINTS Earns fourth \$20 gift card
300 POINTS Earns third \$20 gift card
200 POINTS Earns second \$20 gift card
100 POINTS Earns first \$20 gift card

UP TO \$100 IN REWARDS!

Improving your health. Improving your life.



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

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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. Submit a question to medica.com/healthandwellnessquestions or call Medica Customer Service at 952-945-8000 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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