



My Health Rewards by Medica®

Establish and maintain healthy goals and habits and earn rewards in the process.

My Health Rewards offers a personal, social and interactive experience that will inspire you to make positive changes in your life. Simple and creative programs reinforce healthy habits and make it easy to adopt new healthier behaviors.

- **Easy and fun:** create your own personal path to health.
- **Social and engaging:** makes it easy to compete with friends and coworkers.
- **Multi-screen access:** available from many devices including desktops, tablets and smartphones.
- **Rewarding:** healthy habits are reinforced with rewards.



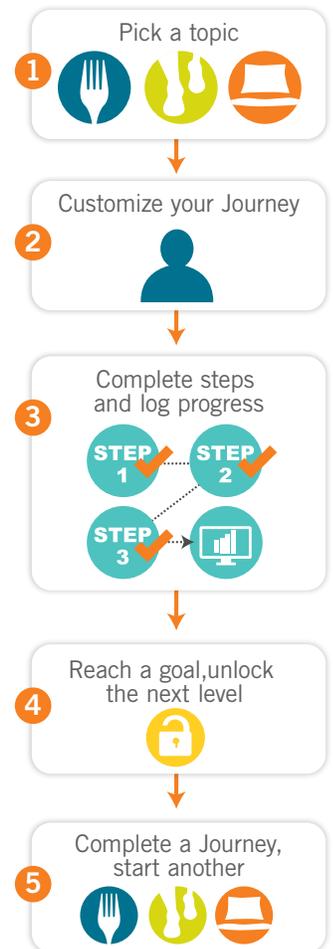
COMPASS – HELPING YOU UNDERSTAND YOUR HEALTH STATUS

Our next generation health assessment uses graphics, pictures and other interactive elements. You'll be motivated to complete your own personal 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.



JOURNEYS - HELPING YOU DEVELOP HEALTHY NEW BEHAVIORS

Take a Journey to better health! Journeys are designed to last a few days to 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 badges, images and videos. And if you enjoy social media, you can easily post comments to Facebook and Twitter.



MEDICA®

Personalize. Empower. Improve.

TRACK - HELPING YOU REINFORCE AND MAINTAIN HEALTHY HABITS

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

- Track is accessible across multiple devices including desktops, tablets and smartphones.
- Tracking can be done on your My Health Rewards site and by syncing with select personal devices including Fitbit®, Jawbone® and Garmin™, or popular apps such as RunKeeper and MapMyFitness.
- You can track with your friends and create teams.

RALLY - HELPING YOU REINFORCE AND MAINTAIN HEALTHY HABITS

Rally adds the excitement of social competition to the Track experience, making it easy to create social challenges through team and employer-based competitions. Form teams, provide encouragement and create healthy competition among coworkers as you achieve health, nutrition and wellness goals.

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 year

IMPROVING YOUR HEALTH. IMPROVING YOUR LIFE.

Health improvement can be fun and rewarding. My Health Rewards provides you with a set of personalized resources that motivate and challenge you to make healthy changes in your life.



Members choose how to track



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

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

My Health Rewards by Medica is not available with all Medica plans. Medica reserves the right to modify the program requirements and devices at any time. Rewards for participating in a wellness program are available to all eligible employees. You may qualify for an opportunity to earn the same reward by different means if you are unable to meet the participation standards for this voluntary wellness program. Call Medica Customer Service at 952-945-8000, or send an email to onlinewellness@medica.com to learn more about alternative options. Compass, Journeys, Track and Rally are powered and trademarked by RedBrick Health.