



Financial resources to support your well-being

All areas of wellness have a direct impact on your life. If you're short on income to pay your bills, you'll likely feel stressed, which affects your mood, reduces your quality of sleep, causes body aches and pains, or strains your relationships – just to name a few. Or maybe you're not sure where to put extra income and wondering about your retirement. It's important to take a deeper dive into your finances and do a check-in just like you do with your physical health. Medica has a many programs and resources to help you.

My Health Rewards by Medica®

From basic budgeting to planning for retirement, and everything in between, use the Virgin Pulse mobile app or [log in online](#) to My Health Rewards to explore the various **Managing my Finances Journeys**®. Journeys® are daily, self-guided courses to help you build healthy habits.

- **Boost Your Money Confidence** (18 days): Know where your money is coming from — and going — and you'll be more confident in knowing exactly what you can afford.
- **Budgeting Basics** (11 days): There's lots of ways to improve money management and save on monthly expenses. Empower yourself and work towards your financial goals.
- **Intro to Retirement Planning** (10 days): Explore steps toward preparing financially for your retirement.
- **Make Your Money Last Longer** (13 days): Work toward shifting your financial mindset. Learn how to be more frugal to make your money last longer.
- **Prepare for Financial Emergencies** (15 days): Be better equipped to face unexpected surprises.
- **Reach Your Financial Goals** (15 days): Once you're successfully managing your finances, empower yourself to create the future you want with the money you have.
- **Shrink Your Debt** (14 days): Learn some simple ways to find more money. Then, shrink your debts.

Reminder: Walk the Wonders challenge

Ever dreamed of climbing Machu Picchu? Or roaming along the Great Wall of China? Well, globe trotters — this challenge is for you. Gather a team, boost your steps, and explore the New 7 Wonders of the World together. [Log in](#) to My Health Rewards to join the challenge.

Registration dates: Aug. 2 - 14, 2024

Challenge dates: Aug. 12 - 26, 2024



Live and Work Well

Get support on financial and legal topics on the [Live and Work Well website](#). No matter where you're at in your financial journey, you can find articles, self-help resources, calculators, and tools.

Topics include:

- Budgeting
- Credit and debt
- Estate planning
- Financial fitness
- Preparing for costs of college
- Insurance
- And more

If your plan includes Emotional Wellbeing Solutions, Medica's employee assistance program (EAP), you may have access to additional resources including two sessions with a money coach.

If you're not sure if you have access to EAP services, check the back of your Medica ID card, contact Medica Member Services, or call 1 (800) 626-7944 to talk to an Emotional Wellbeing Specialist.

You can browse the [Live and Work Well website](#) as a guest with access code "Medica". Or, you can create an account to access self-help resources, cost estimates, and view claims. Just click on "Register" at the top of the page. Then enter your Medica member ID number, and you're all set.