



Healthy eating in season

Summer's here! Now's the time to check out your local farmers' market. Buying fresh goods at the markets can help boost the quality of the food you eat. Build your weekly meal planning around the market and learn what's in season. In early summer, especially in northern climates, you'll find most farmers selling greens, onions, asparagus, and radishes. Mid-summer, broccoli, strawberries, peas, and beets will start to come in. By late July, expect a bounty of tomatoes, corn, and more. When you're ready to make the most of that fresh produce, check out the following resources in My Health Rewards by Medica®.

My Health Rewards by Medica®

[Sign in](#) to your My Health Rewards account, go to the "Benefits" page, and choose the tool you want to use:

- **Monj:** Learn how to prepare and cook your fruits and vegetables this summer.
 - Explore Monj's cooking lessons and essentials video library to build your skills and know-how. You'll learn how to grill those summer vegetables, blend the perfect fruit smoothie, and much more.
 - Complete daily missions and learn in an interactive and enjoyable way.
- **Foodsmart by Zipongo:** Eat healthy this summer with recipes and custom nutrition recommendations.
 - Find healthy and quick recipes that fit your summer eating goals
 - Take the NutriQuiz to see how your eating habits stack up, and get tailored recipe ideas
 - Add your favorite recipe ingredients to your digital grocery list

It's coming: 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.

Who can join? Employees and family members ages 18+ who are enrolled in a Medica health plan and have a [My Health Rewards by Medica® Standard or Results account](#).

Registration dates: Aug. 2 - 14, 2024

Challenge dates: Aug. 12 - 26, 2024

On Aug. 2, watch for email reminders from My Health Rewards and messages under the "Social/Challenges" section. You'll even earn points for joining and participating. Sign in to your My Health Rewards account to join on Aug. 2.