My Health Rewards by Medica is now 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 is an online tool that helps you take small steps to reach your health goals. You’ll earn points for completing activities and get rewarded on your own personal path to health.

**2020 registration process**

All users must create a new account in 2020 and there are two easy ways to register! A new mobile experience will make it easy to register and track your health habits anywhere, anytime. Download the free Virgin Pulse app from the App Store or Google Play. Follow these simple instructions and you’ll be ready to roll!

1. **STEP 1** Click on Create account
2. **STEP 2** Search for Medica
3. **STEP 3** From the list, select Medica My Health Rewards
4. **STEP 4** Complete your registration

Prefer to register online? Go to [medica.com/MyHealthRewards](http://medica.com/MyHealthRewards) then follow the instructions to complete your registration. Questions about registration? Contact Virgin Pulse at medica.support@virginpulse.com or 833-450-4074. Or use the Chat button if you’re registering on a desktop.
**Earn rewards for healthy behavior**

Rewards encourage and motivate you to complete healthy programs and activities. Our points-based incentive program offers rewards for your activities. Redeem points for e-gift cards, or shop for health and fitness products in the Virgin Pulse store. You can even choose to donate your rewards to a charitable cause.

Activities include:
- Assess your health
- Personalize your health journey
- Track your steps, calories and sleep
- Explore tools and programs

**Assess your health**

Get started with the health assessment. The confidential, short survey will give you a snapshot of your health across seven factors, from mental health to fitness. You’ll get a personalized report with recommended actions and earn your first 1,000 points toward rewards.

Take the health assessment:
- Go to *Programs* in the menu.
- Take the health assessment and get a summary of your health status.

After you complete your health assessment, schedule your Next-Steps Consult®. A well-being guide will suggest activities that will fit your needs and goals and can help you understand your health assessment results. Go to *Programs* in the menu to get started with your Next-Steps Consult.

**Personalize your health journey**

Choose to work on the areas that matter the most to you, whether it’s eating habits, sleep, physical activity, relationships, finances or something else. You’ll receive Daily Learning Cards on your areas of interest. Review these daily tips, put some of them into action and you’ll earn points toward rewards!

Set your interests:
- Go to *My Interests* in the menu.
- Choose the areas that interest you the most.
- Now you’ll get tips and information – just about your interests!

Want to make some improvements in your habits? Choose from over 125 different Healthy Habit activities, track your progress and earn points toward rewards. Over time, these small steps add up to big changes that can improve your health.

Build Healthy Habits:
- Choose a Healthy Habit you’d like to work on.
- Work on it, little by little, every day.
- Experience the rewards of better health and well-being.
Track your activities

Steps. Calories. Sleep. Track one or all of these to make steady progress toward health improvements and earn points. Connect your personal fitness tracker to get credit for your steps and sleep. You can sync with a variety of devices and apps. For a full list of devices, see the Devices & Apps page.

Don’t have a fitness tracker? Consider redeeming reward points for the new Max Buzz™, a Virgin Pulse fitness tracker that can be used to track activity and sleep. The Max Buzz™ is available in the Virgin Pulse store for 2,000 reward points. Or you can purchase the Max Buzz™ anytime you’d like for a reduced price of $10.

Connect a fitness tracker:
- Go to the Devices & Apps in the menu.
- Choose the device you’d like to connect.
- Follow a few simple steps. You’ll see instructions right on your screen.

Want to build better sleep habits? Check out the Sleep Guide for helpful tips, available under Programs on the site.

Track your calories with MyFitnessPal. It’s free in the App Store or Google Play. On the My Health Rewards site or app, go to the Devices & Apps page to find MyFitnessPal and click on Connect.

Take a Journey

Take a Journey to better health! This digital coaching tool features health topics called Journeys®. Complete a Journey to make simple changes to your health and earn rewards!

Understand your health care options

Virtual care visits, also known as 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 money – and you can earn points toward rewards just by learning about your options.

Improve the way you eat

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 lessons in an interactive and fun way to build healthy eating skills. Check out our Nutrition Guide, another great resource to help you achieve your goals.

Get healthy pregnancy and parenting support

Tap into personalized guidance, support, and coaching for your entire parenthood journey with the Ovia Health apps. They give you on-demand support and clinically backed guidance to help you achieve your health goals, whether that’s tracking your period, getting pregnant, or navigating pregnancy, postpartum, and parental wellness.
REWARDS
SO MANY WAYS TO EARN

In 2020, there are four incentive levels and more than 40 ways to earn points that can be redeemed for up to $100!

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From your mobile device, go to Program Details, then Learn How to Earn More to see a list of all the ways you can earn points.

Or, on a desktop, go to the Rewards tab on the site and click How to Earn for a list of all the ways you can earn points.

A Monthly Statement, also under the Rewards tab, provides you with a daily summary of your points. Your points are cumulative throughout the calendar year.

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. When you stick to our program, you’ll build healthy habits, have fun and experience the lifelong rewards of better health and well-being. Go to the mobile app or log in to your account at medica.com/MyHealthRewards to get started.
*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 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.