

# My Health Rewards by Medica<sup>®</sup>



## Compatible devices + apps

My Health Rewards can help you take small steps to reach your fitness goals while earning rewards.\* The program works with many fitness tracking devices and mobile apps. For a full list of devices, go to Devices & Apps on the Profile page. You can sync with many devices and apps including:



The Fitbit tracking devices show you real-time activity stats. See your Fitbit steps and sleep data in your My Health Rewards account by pairing your accounts.



With Apple Health, you can track your favorite health stats like steps, sleep, and active minutes from your Apple Watch or iPhone. Your Apple Health data then syncs directly with your My Health Rewards account.



The Misfit family includes waterproof, wireless activity trackers. Connect your Misfit account to sync your steps, sleep, distance traveled, and calories burned.



Max Buzz™ is a Virgin Pulse fitness tracker that tracks your daily activity including steps and sleep.



Garmin tracking devices inspire you to get up and get moving. Connect your Garmin device to your account and sync your steps and sleep.



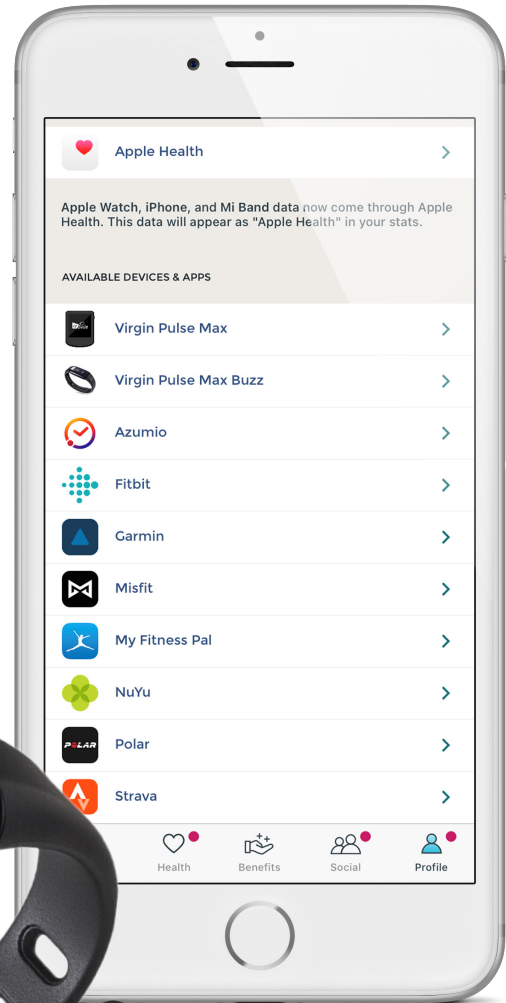
Track your calories with MyFitnessPal, a free website and app on the App Store or Google Play. Sign up and connect your calorie data in your My Health Rewards account. Note: The workouts you record in MyFitnessPal do not sync with My Health Rewards.





## Connect a fitness tracker with My Health Rewards

- 1 Go to Devices & Apps on the Profile page.
- 2 Choose a device or app and click Connect.
- 3 Sign in to your account or automatically connect (depending on the app).



With My Health Rewards, we'll help you make small, everyday changes to your well-being. To get started, download the Virgin Pulse mobile app to use your My Health Rewards account. Then you can keep track of your progress, activity, and more.

\*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](mailto:medica.support@virginpulse.com) or call Virgin Pulse at **1 (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.