My Health Rewards by Medica®



Your healthier future starts now

The My Health Rewards online tool and app lets you log healthy habits, track activity through a fitness tracker, and complete other healthy activities to earn rewards. Rewards can be redeemed for e-gift cards and health and fitness products. You can also choose to donate your rewards to a charitable cause.

Sign up today

Follow these easy steps to create an account once your plan year starts. Already have an account? Sign in on the Personify Health app (formerly Virgin Pulse) or at **Medica.com/MHC**.

Contract Holders:

1. Download the free Personify Health app (formerly Virgin Pulse) from the App Store or Google Play.
2. Open the app and click on "Create Account" under the "Sign In" button.
3. Search for and choose **Minnesota Healthcare Consortium** on the sponsor organization list.
4. Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online? Go to **Medica.com/MHC** to create your account.

Spouses and dependents ages 18+:

1. Download the free Personify Health app (formerly Virgin Pulse) from the App Store or Google Play.
2. Open the app and click on "Create Account" under the "Sign In" button.
3. Search for and choose **Medica My Health Rewards** on the sponsor organization list.
4. Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online?
Go to **Medica.com/MHC** to create your account.

Assess your health

Keeping up with preventive care keeps you feeling your best. First, go to the "Health" tab to complete your health assessment. Then, "My Care Checklist" gives you personalized, friendly reminders that let you know when you're due to see your health care provider. Earn points by tracking your preventive care screenings and visits. You'll even earn a bonus $5 reward each year when you complete your annual health checkup (just enter the date in "My Care Checklist").

Connect your fitness tracker

Earn points by connecting your fitness tracker and apps to track your activity, sleep, calories, and more. For a full list of compatible trackers, go to "Devices & Apps" in the "More" section. To connect a fitness tracker:

1. Go to "Devices & Apps" in the "More" section
2. Choose the device or app you'd like to connect
3. Follow the on-screen instructions

Personalize your health journey

Go to "Topics of Interest" under the "More" section to choose topics you're interested in: eating healthy, sleeping well, reducing stress, and more. You'll get daily learning cards with helpful tips. Do some of them, and you'll earn points toward rewards!

Medica | Minnesota Healthcare Consortium
Participating Minnesota Service Cooperatives

Choose the tools and programs that work for you

Get rewarded for using tools and Medica programs that can help improve your overall well-being. Go to the "Benefits" page and click "View All" to learn more about them.

Earn points, get rewards

1 Go to the "Rewards" page 2 Click on "Learn How to Earn More Points" 3 See a list of all the ways you can earn

A monthly statement, also under the "Rewards" page, gives you a summary of the points you've earned. Your points add up throughout the year.

WAYS TO EARN	POINTS	REWARDS CASH	REWARD TYPE
EARN PROGRAM POINTS	2,000	$10	E-gift card or other options
	10,000	$20	E-gift card or other options
	25,000	$50	E-gift card or other options
	40,000	$80	E-gift card or other options
		$160 per year	
20-DAY TRIPLE TRACKER	Track any combination of the following activities on 20 or more days in a calendar month to earn a bonus reward: • 7,000 steps a day and/or; • 15 active minutes a day and/or; • 15 workout minutes a day.	Contract Holders: $15 per month Spouses/ dependents ages 18+: $5 per month	E-gift card or other options
PREVENTIVE CHECKUP	Complete your annual preventive checkup and earn a bonus reward. Go to My Care Checklist in the Health tab and enter your preventive checkup completion date.	$5 per year	E-gift card or other options
Point-based rewards + 20-day triple tracker + preventive checkup =		**$345 in potential rewards per year (Contract Holders)** **$225 in potential rewards per year (Spouses/dependents ages 18+)**	

Go to the mobile app or sign in to your account at **Medica.com/MHC** to get started.

Have questions? We're here to help.

Email **MyHealthRewards.Support@personifyhealth.com** or call **1 (833) 450-4074.**
Use the Chat button if you're using a web browser.

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 **MyHealthRewards.Support@personifyhealth.com** or call Personify Health 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.

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