

MY HEALTH REWARDS BY MEDICA[®] *INVEST*



ENCOURAGING AND MOTIVATING YOUR EMPLOYEES TO REACH THEIR WELLNESS GOALS

My Health Rewards by Medica helps employees build healthy habits and live their best life. In 2020, a new program, My Health Rewards *Invest*, will go a step further to motivate your employees to reach specific health goals. When you invest in the health of your employees, you invest in their future.

My Health Rewards *Invest* Program Strategy

My Health Rewards *Invest* is a buy-up program and is available to employees enrolled in a health savings account (HSA).* Employees that meet three monthly wellness goals will earn up to \$75 per month (up to \$900 per calendar year). Funds are deposited quarterly by the employer into the employee's HSA.

WELLNESS GOAL	DETAILS	MONTHLY REWARD
Sleep	Sleep 7 hours a night for 20 days in a calendar month.	\$25
Nutrition	Track calories with MyFitnessPal for 20 days in a calendar month.	\$25
Activity	Take 10,000 steps for 20 days in a calendar month.	\$25
		Up to \$75 per month (up to \$900 per year)

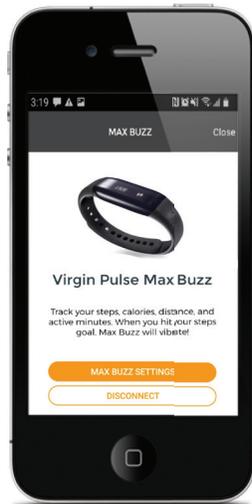
How it Works

Employees track their calories with MyFitnessPal. It's free in the App Store or Google Play. Sleep and steps can be tracked with a compatible fitness tracker including the Max Buzz™, a fitness tracker offered through the My Health Rewards *Invest* program.

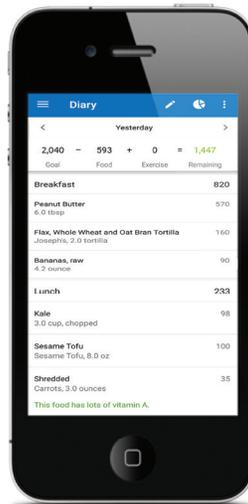
Employees sync their nutrition, sleep and steps with their My Health Rewards mobile app powered by Virgin Pulse, making it easy to watch the progress toward their monthly goals.



1. Eligible employees download the Virgin Pulse mobile app and create an account with My Health Rewards *Invest*.



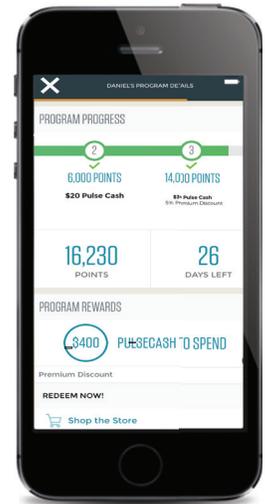
2. Employees use a compatible fitness tracker to track sleep and steps.



3. Employees track their daily calories with MyFitnessPal.



4. Employees sync their fitness tracker and MyFitnessPal to log daily progress.



5. Every month, employees can earn up to \$75, deposited quarterly by the employer into the employee's HSA.

Incentive Strategy

The key to our health and wellness strategy is a rewards program that encourages and motivates employees to achieve their wellness goals. Pairing incentive strategies with digital technologies and daily engagement can drive improvements in the way employees engage in their health.

Small Steps, Big Changes

With My Health Rewards *Invest*, we'll help your employees make small, everyday improvements in their nutrition, sleep and activity. When your employees stick to our program, they'll build healthy habits, have fun and experience the lifelong rewards of better health.



To learn more about this program, contact your broker or Medica sales at **952-992-3055** or **800-371-1613**.

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* Employees with an HSA can earn the My Health Rewards *Invest* rewards. Spouses and dependents over age 18 are eligible for the standard My Health Rewards program. Employees not enrolled in an HSA will have continued access to the standard My Health Rewards program.

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