

HOW TO SELF-REPORT A HEALTH ACTION

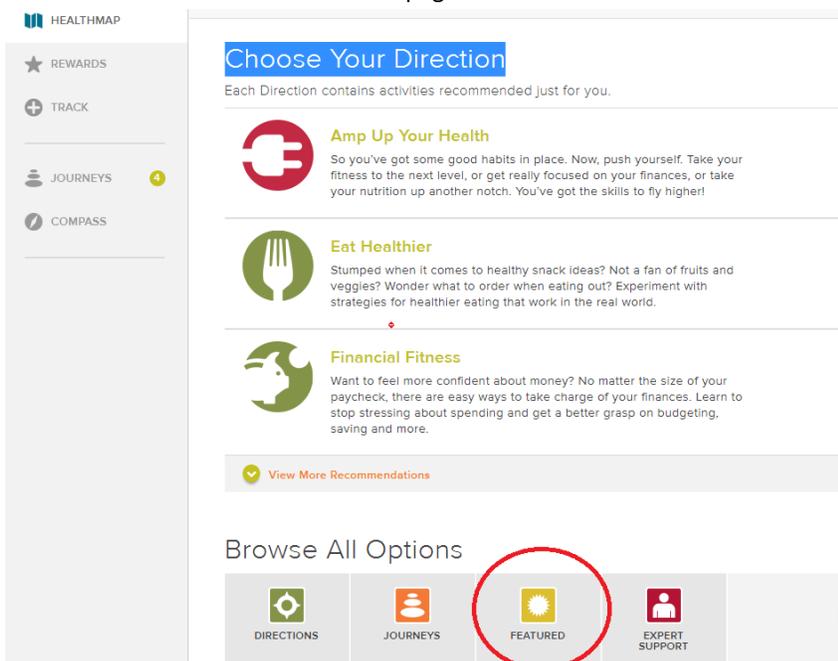
1. Login to www.mymedica.com and click on the Health and Wellness tab.



2. On the left-hand side, click on Health Map



3. Scroll down to the bottom of the page and click on the Featured tile



4. Select item you are self-reporting and enter requested information.

Browse All Options

