

My Health Rewards by Medica®

JOURNEYS®* - HELPING YOU DEVELOP HEALTHY NEW BEHAVIORS

Take a Journey to better health! Journeys are interactive online activities that focus on health topics. Each Journey can last 4-6 weeks, depending on your unique path. You pick your Journey topic and as you succeed in completing the steps you'll earn points to unlock small celebrations such as challenges and badges.

How to pick a Journey

If you have completed the Compass™* health assessment, My Health Rewards will identify and recommend Journeys that may be of interest to you. These Journeys will be listed on your HealthMap. If you have not completed Compass, some Journeys that have been popular with other users will be recommended for you.

To view all Journeys, click HealthMap on the left side of the screen. If you have already started a Journey and wish to continue it, click Journeys on the left side of the screen.

The screenshot shows the My Health Rewards by Medica website. On the left, a navigation menu includes 'HOME', 'HEALTHMAP' (circled in orange), 'REWARDS', 'TRACK', 'JOURNEYS' (circled in orange with a '1' badge), and 'COMPASS'. The main content area has a 'Welcome' message and a 'Don't miss your chance to learn and earn!' section with four steps: 1. Complete your Compass health assessment and earn 100 points; 2. Consider an optional Next-Steps Consult to help you find the activities that are the best fit for your needs and goals; 3. Learn more by starting your personalized Journey and earn more points; 4. Track your activities and earn even more points. The top navigation bar includes an email sign-up form and a mobile app icon.

If you are not interested in any of the Journeys that have been recommended for you, you can choose from any Journey topic available by paging down your HealthMap and clicking on either:

Browse All Options



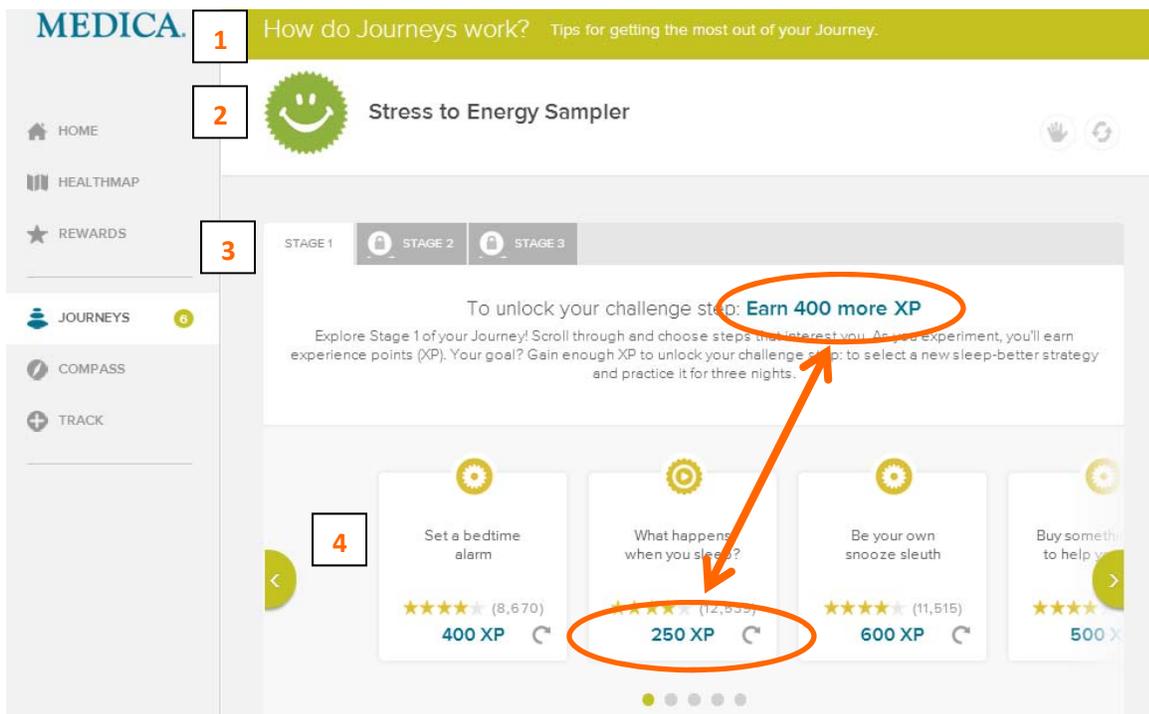
Directions: Directions are groupings of Journeys organized by health topic

Journeys: You will see a list of nearly 60 Journeys, and you can select any that you find interesting

If you need a little extra help, click on Expert Support to schedule a 15 minute Next-Steps Consult™* phone appointment.

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Take a look at a Sample Journey:



1. A short video on the page helps you understand how to complete Journeys. Click on the colored box to watch the video.
2. Here is the Journey you've selected. This is where you can stop and restart the Journey.
3. Journeys are built in a game format, each with 2, 3, or 4 Stages. Complete each Stage to finish your Journey. Complete a Stage by earning the shown amount of XP credits.
4. Journeys have many Steps to choose from. You'll earn XP credits by completing Steps. Each Step provides information for completion and may ask you to commit to an action.

Complete Steps ➡ Complete Stages ➡ Complete your Journey

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How do Journeys work? Tips for getting the most out of your Journey.



Too busy to go to bed?

Find an activity you can replace with sleep

★★★★☆ (9,553)

600 XP

Take a close look at what you're doing at night. Are you working, doing chores, exercising or socializing? On the computer or watching TV? How much time do you spend winding down?

Use this chart to log your activities for one week. Pay special attention to things you do to power down. What activity could you cut to make room for more sleep?

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7-8 p.m.							
8-9 p.m.							
9-10 p.m.							
10-11 p.m.							
11-12 a.m.							

Your assignment: Log your activities after 7 p.m. for one week.

WHAT WOULD YOU LIKE TO DO?

Commit to this step

Email/Text Reminder

Every day at 10:00 p.m. to your email

[Change Reminder](#)

COMMIT

- Get reminder
Every day at 10:00 p.m. to your email
- Customize reminder ?
- No reminder

Some Steps can be completed immediately while others may require a day or two to finish. Email reminders help you keep track of your progress. Don't rush it! Take your time, have fun, and find yourself making healthy changes along the way.

Journey complete: now what?

Find another interesting health topic and take another Journey. You can earn 50 points for every Journey you complete, up to 300 points per year. Health improvement can be fun and rewarding. My Health Rewards Journeys provides you with a set of personalized resources that motivate and challenge you to make healthy changes in your life.

Go to your member website, mymedica.com, and click on the Health and Wellness tab 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. Rewards for participating in a wellness program are available to all eligible employees. 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. Submit a question to medica.com/healthandwellnessquestions or call Medica Customer Service at 952-945-8000 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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