



Providing a path to better health

YOU GET MORE WITH MEDICA!

At Medica, we believe a key element for improving health and lowering medical costs is helping members take an active role in managing their own health. My Health Rewards by MedicaSM provides an innovative approach to member engagement and personalization that is unparalleled in this market.

My Health Rewards by MedicaSM

A new value-based program that encourages and motivates your employees to make better health decisions

My Health Rewards engages members in their own health with a highly personalized approach that:

- Helps them better understand their health and how to improve it
- Tailors support and resources to fit each member's needs, abilities and learning style
- Motivates members through incentives and rewards

A TURNKEY SOLUTION

My Health Rewards is included with fully insured plans and is a standard offering for self-insured plans. It includes key components of a value-based program that you can build upon in subsequent years:

- A research-based health assessment unique to Medica
- Online health topics and goals
- Health coaching for identified members (a buy-up option for self-insured)
- Gift card rewards for members who complete these programs

NEW HEALTH ASSESSMENT DRIVES THE PROGRAM

Members age 18 and older take the health assessment the first time they sign on to Medica's newly redesigned online Health and Wellness Center. The assessment identifies members' knowledge, skills and confidence level for managing their health. These valuable insights help us create a personalized home page for each individual, with dynamic content that changes as the member's needs and level of engagement change over time.

To learn more about this exciting program, contact your broker or Medica representative at **952-992-3055** or **1-800-371-1613**.