

# My Health Rewards by Medica<sup>SM</sup> Core and Core+

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

With an innovative approach to member engagement and personalization, My Health Rewards by Medica<sup>SM</sup> continues the evolution of value-based benefits at Medica. Key features include:

- A research-based health assessment unique to Medica that goes beyond traditional assessments to identify members' knowledge, skills and confidence level for managing their health
- Personalized feedback, education and support geared to each individual's needs, abilities and learning style
- Incentives and rewards that drive participation



## Choose from two program options

### CORE – Included with fully insured plans and a standard offering for self-insured plans

This option includes key components of a value-based program that you can build upon in subsequent years.

### CORE+ – A buy-up option for employers with 51+ employees (fully and self-insured)

This option provides an opportunity to drive a higher level of employee participation through a personalized health scorecard and meaningful, customized rewards.

	CORE	CORE+
<b>Market Availability</b>	Included for all full-service customers	Available as a buy-up to any plan design for groups of 51+
<b>Key Features</b>	<ul style="list-style-type: none"> <li>■ Health assessment</li> <li>■ Online health topics</li> <li>■ Health coaching (a buy-up option for self-insured)</li> </ul>	<i>CORE components PLUS:</i> <ul style="list-style-type: none"> <li>■ A personal health scorecard that identifies individualized health actions for members and tracks their completion</li> </ul>
<b>Actions Required to Earn Rewards</b>	<ul style="list-style-type: none"> <li>■ Completion of health assessment</li> <li>■ Completion of 8 health topics and goals</li> <li>■ Completion of health coaching for identified members</li> </ul>	<i>CORE components PLUS:</i> <ul style="list-style-type: none"> <li>■ Biometric assessment</li> <li>■ Completion of preventive cancer screenings</li> </ul>
<b>Informational Components</b>	Online Health and Wellness Center provides personalized content and support	<i>CORE components PLUS:</i> <ul style="list-style-type: none"> <li>■ Disease-based health information and suggested health actions</li> </ul>
<b>Member Rewards</b>	Gift cards	<i>CORE components PLUS employer-funded options:</i> <ul style="list-style-type: none"> <li>■ Premium contribution changes</li> <li>■ Financial account contributions</li> <li>■ Plan design enhancements</li> </ul>
<b>Employer Rewards</b>	Motivated employees who make better health decisions	<i>CORE components PLUS:</i> <ul style="list-style-type: none"> <li>■ Rate caps or trend reductions based on employee participation</li> </ul>

To learn more, contact your Medica representative.