



# Online health and wellness program rewards healthy choices

Encourage a healthier, more productive workforce

**Suggested participation goal:** All employees can benefit!

Ready to get your employees moving in a healthy direction? My Health Manager from Medica<sup>SM</sup> can help.\*

**Here's what your employees will find when they log on to this great resource:**

- Healthy recipes
- Exercise advice
- Tips for managing stress
- Nutrition information on thousands of foods
- A place to track their medical information and health activities
- The latest health and medical news, tailored to their interests

## Take Action. . .Get Rewarded

When Medica members complete healthy activities and track them on My Health Manager from Medica, they earn wellness credits that can be redeemed for gift cards. This simple *Take Action...Get Rewarded* approach is easy for members to understand, and recent improvements make the program even more fun and engaging to use.

- Earn up to \$125 in gift cards each year
- Receive a \$30 gift card just for completing a health assessment
- Redeem wellness credits immediately – gift cards are shipped within one business day or save up wellness credits to use whenever desired
- Choose from more than 350 retail outlets to redeem wellness credits

## Promote My Health Manager from Medica in 3 easy steps:

1. E-mail a ready-made flyer to your employees and post copies in high-traffic areas.
2. Download and distribute a newsletter, payroll stuffer or e-mail message about My Health Manager from Medica.
3. Visit [medica.com](http://medica.com)>Employers>Health and Wellness to find these and other materials to help boost awareness and participation in My Health Manager from Medica, including a list of retail outlets where members can redeem their wellness credits.



### HELPFUL TIP:

My Health Manager from Medica features information, access to fun events and activities, and compelling incentives designed to increase participation and reward healthy behavior. Make it the foundation of your worksite wellness efforts!

\*My Health Manager from Medica is included with fully insured plans and as a purchase option for self-insured groups.

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