



# Take Action...Get Rewarded

*It's as easy as 1, 2, 3!*

**STEP 1:** Log on to **My Health Manager from Medica<sup>SM\*</sup>** at [medica.com/myhealthmanager](http://medica.com/myhealthmanager).

**STEP 2:** Complete the health assessment and redeem your wellness credits for a \$30 gift card.

**STEP 3:** Take action by completing other wellness activities and earn up to an additional \$95 in gift cards.



\*Check your health plan to see if this program is available to you.

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COM5068-11009



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