



It's fun. It's easy. And you're invited!

Medica's fun, online health challenges give you a chance to earn rewards for making healthy lifestyle choices both at work and at home. Here's how they work:

- During each challenge, you keep track of the healthy choices you practice daily
- You receive points for each healthy choice you make each day
- You set a goal to accumulate points during the challenge
- By successfully completing the challenge, you earn 10 wellness credits, redeemable toward gift card rewards, at more than 350 retail outlets

Tips for success – and a healthier you

1. **Get support.** You're much more likely to make healthy choices if the people around you are supporting you and know about your goal. Talk about it! Get one or more of your friends to take the health challenge with you.
2. **Take action.** Practice making healthy choices each day.
3. **Collect your rewards.** Track your points on My Health Manager from MedicaSM to earn wellness credits, redeemable for gift card rewards at more than 350 retail outlets.

**Learn more and sign up at www.medica.com>
My Health Manager from Medica.**

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My HEALTH MANAGER
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