

Health Challenges

A fun way to earn rewards for healthy behavior!

Losing weight. Eating less junk food. Feeling less stressed. What are your goals? Up to 60 percent of Americans make at least one health-related resolution each year. If you are one of them, participating in a Medica Health Challenge can help you succeed!

How a Health Challenge works

Medica's fun, online health challenges can help you get started.

- During each challenge, you keep track of the healthy choices you practice daily.
- You will receive points for healthy choices you make
- You will set a goal to accumulate points during the challenge. When you reach your goal, you will earn wellness credits toward a gift card
- You earn 10 wellness credits for completing one Health Challenge, redeemable for gift card rewards

How to earn points

You can earn points by practicing healthy habits that support healthy living. The habits that qualify for points will vary depending on the specific Health Challenge. Here are a few examples:

- Exercising at least 15 minutes daily
- Eating well-balanced meals
- Getting 7-8 hours of sleep each night

How to track points

Keep track of your progress on My Health Manager from MedicaSM. Simply log on to www.medica.com, scroll down to "Top Member Resources" and click on My Health Manager from Medica to log your points.

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

Tips for a successful health challenge – and a healthier you

1. Set your goal.

Simply completing the health challenge is a good goal to have!

2. 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.

3. Take action.

Practice making healthy choices each day.

4. Collect your rewards.

Track your points on My Health Manager from Medica to earn wellness credits, redeemable for gift card rewards at more than 350 retail outlets.

Take Action...
Get Rewarded
It's as easy as 1, 2, 3!

Step 1: Log on to My Health Manager from Medica

Step 2: Select and complete a wellness activity, such as a Health Challenge

Step 3: Redeem the wellness credits you've earned for up to \$125 in gift cards each year

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

Ready to earn rewards for improving your health? These fun, online Health Challenges give you a chance to earn rewards for making healthy lifestyle choices both at work and at home.

Medica Shape Up Challenge

April 6 – May 17, 2009

This friendly six-week competition is Medica's most popular health and wellness event. It rewards you for adopting healthy habits, such as eating fruits and vegetables and taking stairs instead of elevators.

Rate Your Plate Challenge

September 1 – 30, 2009

Simply pick one meal a day to rate your healthy food choices based on what's on your plate. If your meal contains one serving of a fruit or vegetable, one whole grain, and a lean protein, you will earn 1 point. That means you get three chances a day to earn 1 point!

Chill Out Challenge

November 23 – December 18, 2009

Learn how to reduce and manage the stress in your life during this challenge. You can earn up to 10 wellness credits for taking steps that are known to reduce stress, including relaxation, physical activity, nutrition and sleep.

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

Ready to start a Health Challenge? Here's how to get started.

Go to www.medica.com, then find Top Member Resources at the bottom of the page and click on the **My Health Manager from MedicaSM sign on/register**.

1. If you're already registered on My Health Manager from Medica, follow these steps:
 - Enter your user name and password.
 - From the left-hand navigation bar, select "Health Challenge" under Take Action.
 - Choose a program.
2. If you are a first-time user of My Health Manager from Medica, follow these steps:
 - In the "First Time Here?" area, enter your Medica ID number and choose "Medica" as your health plan.
 - Choose a user name and password.
 - Answer a few quick questions to set up your user profile.
 - From the left-hand navigation bar, select "Health Challenge" under Take Action.
 - Choose a program.

Who can I contact if I have a problem logging onto My Health Manager from Medica?

If you need assistance logging on to the My Health Manager from Medica Web site, send an e-mail to AskMedica@medica.com or call Medica Customer Service at the phone number listed on the back of your ID card.