

Healthy Living Programs

A great next step after completing a health assessment

Ready to improve your health? Get a quick start by enrolling in an online Healthy Living Program from Medica. These personalized six-week programs help you learn how to make small lifestyle changes that can lead to big results.

When you enroll in a Healthy Living Program, you receive:

- Weekly goals, specific action steps and progress tracking
- E-mail reminders to keep you engaged
- 15 wellness credits for completing a Healthy Living Program, redeemable for gift card rewards.

Collect your rewards

In addition to feeling healthier, you can redeem the

wellness credits you earn for gift cards at more than 350 retail outlets.

Not sure where to start?

Healthy Living Programs are easy, fun and a great way to take small steps toward taking better care of yourself. But if you're not sure where to start, Medica's online health assessment can help you identify your risk factors and identify the best way to tackle them. Plus, you earn a \$25 gift card just for doing a health assessment.

Enroll today!

Find the information you need to get started at www.medica.com>My Health Manager from Medica.

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 Healthy Living Program

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

Ready to start a Healthy Living Program? 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 "Healthy Living Programs" 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 "Healthy Living Programs" 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.

Small steps can lead to big results

Healthy Living Programs are a fun way to improve your health one step at a time. Choose from several topics – when you complete one six-week program you can choose to continue it for another six weeks or select a new topic.

Easy Start

Don't know where to begin? Small changes lead to big results. The Easy Start program gives you simple guidelines to help you change your diet and get more active - then shows you where to go from there.

Cancer-Fighting

Individuals can reduce their risk for disease by making simple changes in their lifestyle. Learn how eating healthier and increasing your activity are two of the best weapons against this terrible disease.

Diabetes-Fighting

Diabetes is one of the most preventable health problems in the country. Lifestyle changes can substantially lower your risk. Learn how small changes today will have long-term results.

Get In Shape

From beginners just taking their first steps towards increasing their activity level, to experienced exercisers looking to boost their existing fitness regimen, this program will get you started in the right direction.

Healthy Aging

As you get older it's more important than ever to lead a healthy lifestyle. Explore these important tools and resources to help you look good, feel younger and reduce your risk of disease.

Healthier Diet

Keeping a healthy diet these days is harder than ever. The Healthier Diet program shows you how simple substitutions can improve your diet, and gives you a long-range plan for eating better.

Healthy Heart

High cholesterol, high blood pressure and heart disease are among the most common high-risk conditions facing adults today. Simple lifestyle changes can significantly reduce your risk. Small steps today can lead to long-term results.

Smoke-Free

Imagine yourself as an ex-smoker. You'll breathe deeper, look better and feel younger than you have in years. It is an attainable goal. The Smoke-Free program provides personalized tools and resources to help you meet the challenges of quitting for life.

Stress Relief

Stress is not just a fact of life. It can have real negative effects on your health - not to mention your state of mind. Luckily, there are ways to reduce and manage it. The Stress Relief program gives you the tools, support and advice you need to manage daily stress.

Weight Loss

Confused by mixed messages on weight loss? The fad diets and competing plans are enough to make your head spin! Our Weight Loss program is a no-hype alternative that helps you lose weight the right way - and keep it off.

Healthy Seniors

Today's seniors are living longer and with a better quality of life than ever. Learn important steps you can take for staying healthy and living independently.

Healthy Kids

Promoting healthy activity for children, includes a healthy diet, regular physical activity, a positive self-image, and open communication with parents. This program will help you engage your children in healthy activities, and lower their risk of obesity.