



# February Wellness News

## Get moving for a healthier heart

According to the American Heart Association, cardiovascular disease is the leading cause of death in the United States. Your heart is the hardest working muscle in your body. So it's critical to take good care of it to maintain overall health. Getting regular physical activity — like walking and yoga — is a great way to work on strengthening your heart. Especially when combined with a healthy diet, exercise is a powerful method to protect your heart and help you live longer. Medica has several resources to help motivate you to get moving during American Heart Month and beyond.

## My Health Rewards by Medica®



Build healthier habits with My Health Rewards by Medica.® You can track your steps and other activity to make steady progress toward health improvements and earn rewards. It's easy to connect your personal fitness tracker to get credit for your steps and activity. You can sync with a variety of devices and apps.

After you [register](#) for your My Health Rewards account, download the free Virgin Pulse app from the [App Store](#) or [Google Play](#). Sign in to your account on the app to get started.

### Sync your fitness tracker

1. [Sign in](#) to your My Health Rewards account.
2. Go to “More” on the menu bar and tap on “Devices & Apps.”
3. Choose the device or app you'd like to connect.
4. Follow a few simple steps. You'll see instructions right on your screen.

### Take a “Getting Active” Journey®

Complete a Journey to help motivate you to take small steps to increase your activity. [Sign in](#) to your My Health Rewards account, go to the “Health” tab, and choose “Journeys” to get started.

#### Getting Active



**Fit as a Family**  
10 Days to Complete



**Get Strong at Home**  
10 Days to Complete



**Move to Improve**  
10 Days to Complete



**Ramp Up Your Workout**  
10 Days to Complete



**Walk Your Way to Fitness**  
10 Days to Complete



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## **Reminder: Music of the World challenge**

What is good for our heart is good for our soul. Nothing gets us moving — truly moving — like music. Moving is essential to a healthy heart. This musical journey will take you all over the world in search of music's coolest venues and most fascinating histories.

**Registration dates:** Feb. 2 – 14, 2024

**Challenge dates:** Feb. 12 – 26, 2024

[Sign in](#) to your My Health Rewards account to join on Feb. 2.

## **Life Time® Digital fitness program**

### **Stay fit anytime, anywhere**

Kickstart healthy habits with a Life Time Digital membership at no additional cost to you. The Life Time Digital app gives you access to hundreds of on-demand and live streaming fitness classes, meditations, plus nutrition and lifestyle article content to support your well-being goals.

[Get started](#)

## **Omada**

### **Personalized support to reach your health goals.**

Omada's digital health programs give you the tools and support you need. If you or your adult family members are at risk for Type 2 diabetes or heart disease or are living with diabetes, Omada is available at no additional cost.

- **Omada for Prevention:** Helps you make small changes to lose weight and reduce your risk for diabetes and heart disease
- **Omada for Diabetes:** Provides personalized coaching and digital tools to help you improve your blood glucose control

[Learn more](#)

## **Ovia Health**

### **Free heart health webinar: February 13, 2024 at 12 pm CST**

Join Ovia's care experts for an in-depth discussion about women's unique risk factors that may play a bigger role in the development of heart disease.

[Register now](#)