



# January Wellness News

## Set a goal to boost your well-being

If you're hoping to make some positive changes this year, setting a goal is a great start. Putting a commitment in writing about what you want to accomplish can:

- Set a direction and move you forward
- Help you focus
- Motivate you
- Build confidence
- Lead to a happier life

Remember that change doesn't happen overnight and it's okay to make adjustments along the way. Allow yourself to enjoy the journey toward your healthiest self — one small step at a time. My Health Rewards by Medica® can help you stay motivated in your well-being goals.

## My Health Rewards by Medica®



Build healthier habits and reach your goals with My Health Rewards by Medica.® Whether you want to stress less, quit smoking, or eat more fruits and veggies, My Health Rewards makes it fun — and rewarding. You'll earn rewards as you complete activities personalized just for you.

## Sign up today

Follow these easy steps to create an account once your plan year starts. Already have an account? Sign in on the Virgin Pulse app or [online](#).

### Contract Holders:

1. Download the free Virgin Pulse app from the App Store or Google Play.
2. Open the app and click on "Create Account" under the "Sign In" button.
3. Search for and choose **Minnesota Healthcare Consortium** on the sponsor organization list.
4. Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Or sign up [online](#) to create your account.

### Spouses and dependents ages 18+:

1. Download the free Virgin Pulse app from the App Store or Google Play.
2. Open the app and click on "Create Account" under the "Sign In" button.
3. Search for and choose **Medica My Health Rewards** on the sponsor organization list.
4. Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

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## What's new with My Health Rewards in 2024

### 1. Increased 20-day triple tracker bonus reward (Contract holders):

- Contract holders can now earn \$15 per month instead of \$5 per month for reaching the 20-day triple tracker.
- Track any combination of the following activities on 20 or more days in a calendar month: 7,000 steps a day; 15 active minutes a day; 15 workout minutes a day.

### 2. Annual health checkup reward (all participants):

- Beginning Jan. 1, 2024, earn an additional \$5 reward per year when you complete your annual preventive health checkup. Simply go to "My Care Checklist" on the "Health" tab and enter your "Health Checkup" completion date.

### 3. Learn about these Medica tools and programs on the "Benefits" page (all participants):

- Life Time® Digital fitness program
- Medica member website
- Online provider search tool

## Next-Steps Consult

A quick conversation with a professional may be just what you need to take the next step toward your well-being goals. Chat with a health guide to focus in on available programs and activities that fit with your interests and goals. Get motivated and create a plan for your well-being journey this year. [Sign in](#) to your My Health Rewards account to schedule a call today.

## It's coming: 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

On Feb. 2, watch for email reminders from My Health Rewards and messages on the My Health Rewards website and app under the "Social/Challenges" section.

You'll even earn points for joining and participating. [Sign in](#) to your My Health Rewards account to join on Feb. 2.