



We make Minneapolis work. And we are proud of all we do for the people who live in, work in and visit our city.

We all need tools to do our best work, with the most basic of these being good health. That's why the City provides a diverse array of benefits, all united under a single name: WE ARE MPLS. You'll find this logo on all communications about the resources the City offers to help you protect, manage and improve your health:

- Health insurance coverage from Medica
- My Health Rewards by Medica® wellness program
- Medica OptumHealth<sup>SM</sup> employee assistance program
- Medica CallLink® 24-hour nurse line
- Membership discounts at selected fitness clubs
- Health fairs and informational programs
- And more!



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**6** new ways to earn the wellness rate. Details inside!



**City of Minneapolis  
2014 Wellness Program**

# My Health Rewards by Medica®

We've added six new options to the City of Minneapolis wellness program so it's even more flexible and personalized to your needs. When you earn 300 points by completing any combination of the health actions for which you are eligible by August 31, 2014, you'll qualify for the wellness premium contribution rate on your 2015 health insurance coverage.

## Start now to earn a lower rate on your health coverage

To get started, visit [mymedica.com](http://mymedica.com) and click on the Health & Wellness tab. If you've never participated in the wellness program before, or have a new health insurance group number this year, you'll need to register as a new user on [mymedica.com](http://mymedica.com). The first time you visit the site in 2014, you'll be asked to complete a short questionnaire called the Personal Health Profile. When you do, you'll be awarded your first 100 points and be able to view your Personal Health Scorecard.

80%

of City employees are saving \$400/single or \$1,200/family on their 2014 health insurance premiums because they completed the wellness program in 2013.

## Options to earn 300 points

The 2014 health actions are shown at right.

Your scorecard will list the health actions you are eligible to complete and the points you have earned. Log in any time via [mymedica.com](http://mymedica.com) to view your options or check your progress.

Keep in mind that you are not required to participate in any health actions, even if you are invited to do so. Information you share in the course of completing the health actions is not provided to the City of Minneapolis and has no bearing on your Medica health coverage or benefits.

## Rewards for going above and beyond

Employees who cover a spouse on their Medica health insurance plan will receive an additional \$200 HRA/VEBA contribution when their spouse completes the Personal Health Profile by August 31, 2014. Employees who do not cover a spouse will receive an additional \$200 HRA/VEBA contribution when they earn more than 300 points in the My Health Rewards program.



Eligible	2014 Health Actions	Points
All employees	<b>Personal Health Profile.</b> Complete a short assessment to earn points and a \$20 gift card from Medica. Available at <a href="http://mymedica.com">mymedica.com</a> or on paper by calling Medica at 952-945-8000.	100
	<b>Health Topics and Goals.</b> Review eight topics and set eight goals to earn points and a \$40 gift card from Medica. Topics and goals are available at <a href="http://mymedica.com">mymedica.com</a> or on paper if you also request the Personal Health Profile on paper.	50
	<b>Biometric Screening.*</b> Learn about your health status by checking your body mass index, blood glucose, total cholesterol, HDL, LDL, triglycerides and blood pressure. Go to a worksite screening event or have your doctor order your tests and complete a Health Action Notification form for you. You'll find the form on <a href="http://mymedica.com">mymedica.com</a> .	100
	<b>Health and Wellness Class.</b> Attend a class offered by the City of Minneapolis. Watch City Talk for a schedule of upcoming classes.	50
	<b>ZAP Bike Commuter Program.</b> Outfit your bike with a ZAP reader tag and/or link your Nice Ride account. You'll earn 50 points when you ride your bike past a ZAP sensor or use Nice Ride at least 50 times by August 31.	50
	<b>Preventive Cancer Screenings.*</b> Be up-to-date on screening exams for breast, cervical and colorectal cancer that are appropriate for your gender and age. You'll earn 75 points per year for each type of screening that is up-to-date in your claims history. Complete screenings by June 30 so claims process by August 31.	75
	<b>Healthy Savings Program.</b> Make five or more purchases of qualified healthier food items using your Medica Healthy Savings program discount card.	25
	<b>Fitness Tracking.</b> Work out for at least 30 minutes, eight times per month for three months. New this year, workouts must be self-reported on your scorecard before the end of each month. You may wish to self-report your workouts at a fitness club that participates in the Fit Choices <sup>SM</sup> by Medica program, but those workouts will no longer be automatically tracked for you.	25
	<b>Flu Vaccination.*</b> Click the link on your scorecard to pledge that you received the flu vaccine during the most recent flu season, September 2013 – May 2014.	25

This symbol marks new health actions for 2014.

Eligible	2014 Health Actions	Points
Employees who are invited or request to participate	<b>Health Coaching.</b> Complete two phone calls with a health coach by August 31 to earn points. Finish the entire program over 4-6 months for insight into how you might overcome barriers to your health and wellness, plus receive a \$75 gift card from Medica. Call 1-866-905-7430 before June 30 to get started.	100
	<b>Tobacco Cessation.</b> Leave tobacco behind for good. Get telephone counseling and support, plus free nicotine replacement therapy to help you quit. Call 1-800-934-4824 to enroll.	50
Only employees with specific conditions who are invited by Medica	<b>Healthy Pregnancy Program.</b> Get information and support for first-time and/or high-risk pregnancies.	50
	<b>Treatment Decision Program.</b> Receive assistance in evaluating treatment options for selected conditions.	50
	<b>Medication Therapy Management Program.</b> Get support from a specially trained pharmacist to ensure safe, effective, affordable medication therapy.	50
	<b>Case Management.</b> Work with a nurse to better understand your complex health condition, review treatment options and communicate more effectively with your doctors.	50

Most health actions must be completed between January 1 and August 31, 2014.

There are three **exceptions**.\*

1. Biometric screenings obtained between September 1 and December 31, 2013, may be counted when you submit a Health Action Notification form.
2. Flu vaccinations obtained between September 1 and December 31, 2013, may be counted when you self-report it in your scorecard.
3. Preventive cancer screenings that were obtained before January 1, 2014, but for which you are up-to-date according to medical guidelines, may be counted automatically through your claims history or manually when you submit a Health Action Notification form.

For more information, visit [minneapolismn.gov/hr/benefits](http://minneapolismn.gov/hr/benefits).

*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees; you might qualify to earn the same reward by different means. Contact Human Resources at 612-673-3333 or [benefits@minneapolismn.gov](mailto:benefits@minneapolismn.gov) and we will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status.*

MEDICA®

