

My Health Rewards by Medica®

Make a smart move for better health and qualify for the preferred wellness premium rate on your 2016 health care coverage. Simply earn 300 or more program points by completing any combination of the health actions for which you are eligible by August 31, 2015. For more details on specific program requirements, please visit minneapolismn.gov/hr/benefits.

Paper-based alternatives for selected health actions are available for those without computer access. Call Medica at 952-945-8000 for assistance.



Eligible	2015 Health Actions	Points
<p style="text-align: center;">All employees</p>	<p>Compass. Create your own personal path to health by taking this new health assessment. With about 35 questions, Compass takes less than 20 minutes. Journeys are recommended based on your Compass answers. When you return to Compass later in the plan year and update it with new information, new Journeys will be recommended for you.</p>	<p>100 points to a maximum of 100 points per year</p>
	<p>Journeys. Blaze a trail to better health by exploring an interactive topic designed to change your health habits with easy, achievable steps. Journeys will be recommended for you based on your answers in Compass. Each Journey has several stages. You decide how you'd like to move through each one, scoring experience points (XPs) as you go. Hit the XP target to unlock the next stage of your Journey. Expect a Journey to last 4-6 weeks, depending on your unique path. Journeys integrate with Facebook and other social media sites so you can share your progress with others, if desired.</p>	<p>50 points per Journey to a maximum of 300 rewards points per year</p>
	<p>Track. Get credit for daily activities that create long-term behavior change. Log what you do each day in categories like exercise, healthy eating and life balance. You can manually enter your activities into Track from your My Health Rewards website or automatically sync your physical activities from a variety of mobile apps and personal devices such as Fitbit, Jawbone®, FitBug®, Garmin and others. You can enter data retroactively, but you can't go back more than 30 days.</p>	<p>1 point per day to a maximum of 200 rewards points per year</p>
	<p>Biometric Health Screenings. Check your body mass index, blood glucose, total cholesterol, HDL, LDL, triglycerides and blood pressure. Go to a worksite screening event, have your doctor order your tests, or use another approved provider such as Target or Walgreens. You'll find instructions on the Rewards page or in the drop-down menu near your name in the upper right corner of your personal My Health Rewards website. Points for this health action can only be earned once per plan year.</p>	<p>100 points to a maximum of 100 points per year</p>
	<p>Preventive Cancer Screenings. Confirm that you are up-to-date during this plan year for breast, cervical and colorectal cancer screening exams that are appropriate for your gender and age. Visit the Rewards page or Featured tile on the HealthMap page of your personal My Health Rewards website to view the screenings for which you are eligible to receive points and to report the dates of your most recent screening exams.</p>	<p>25 points per eligible screening per year</p>
	<p>Health & Wellness Class. Confirm that you attended a worksite health and wellness class by August 31, 2015. Visit the Rewards page or the Featured tile on the HealthMap page of your personal My Health Rewards website to report your attendance. You'll find a schedule of eligible classes at minneapolismn.gov/hr/benefits.</p>	<p>25 points per class to a maximum of 25 points per year</p>
<p style="text-align: center;">Only employees with specific conditions who are invited by Medica</p> <p>Check your My Health Rewards website to see if you are eligible</p>	<p>Sorting It Out. Partner with a Medica health coach to sort through treatment options for your back, knee or hip.</p>	<p>25 points to a maximum of 25 points per year</p>
	<p>A Care Team For You. Partner with a registered nurse and a health coach at Medica to discuss your unique situation and address your health-related questions. Together, you can create a plan, set goals and work at your own pace to achieve positive results.</p>	<p>200 points per completed program to a maximum of 200 rewards points per year</p>
	<p>Support When You're Expecting. Partner with a registered nurse at Medica to receive additional tools and resources to manage your pregnancy every step of the way.</p>	<p>200 points per year</p>
	<p>When Things Get Complicated. Partner with a registered nurse at Medica to gain a better understanding of your condition, discuss treatment options and learn about available resources.</p>	<p>200 points per year</p>

All of these programs are voluntary and confidential. Information you share in the course of completing your health actions is not provided to the City of Minneapolis and has no bearing on your Medica health coverage or benefits. RedBrick Journeys® is a registered mark owned by RedBrick Health Corporation. RedBrick Compass™ and Redbrick Track™ are trademarks owned by RedBrick Health Corporation.

HOW TO GET STARTED

If you have logged on to mymedica.com previously and do not have a new group number in 2015:

1. Visit mymedica.com.
2. Enter your username and password.
3. Click on the Health & Wellness tab.
4. After you agree to the terms of use, privacy policy and honor code, you'll be delivered to the My Health Rewards program Welcome page.
5. Be sure to update your profile with the email address where you'd like to receive gift card reward notifications.
6. Once you are set up, you can explore the My Health Rewards site or begin working on health actions. We recommend you complete the Compass health assessment first.

If you have never logged on to mymedica.com OR have a new group number in 2015:

You have a new group number if you switched networks during the open enrollment period last fall or changed premium contribution rates, from standard to wellness or vice versa, for the 2015 plan year.

1. Visit mymedica.com.
2. Click on the Register Now button at the bottom of the Site Login box.
3. Complete the registration. You will need your Medica ID card for this step.
4. Once you are logged into mymedica.com, click the Health & Wellness tab.
5. After you agree to the terms of use, privacy policy and honor code, you'll be delivered to the My Health Rewards program Welcome page.
6. Be sure to update your profile with the email address where you'd like to receive gift card reward notifications.
7. Once you are set up, you can explore the My Health Rewards site or begin working on health actions. We recommend you complete the Compass health assessment first.

Chart a course and track your progress with your personal HealthMap and Rewards pages

After you complete the Compass health assessment, your HealthMap page will recommend Journeys that are appropriate for you based on your answers to Compass. The Rewards page will display points you have earned and points you are eligible to earn in the future.

Log in any time to view recommended health actions on your HealthMap page or check your point status on the Rewards page. You will also receive a status update in the mail during the summer.

Start earning rewards today!



- 1. Better health**
Feel better, look better, be better. Do it for you!
- 2. Wellness premium rate**
Qualify for the wellness premium contribution rate on your 2016 City of Minneapolis Medical Plan when you complete 300 points by August 31, 2015.
- 3. Gift cards**
Receive gift cards totaling \$100 when you earn 600 points on or before December 31, 2015. Gift cards are awarded in \$20 increments at 100, 200, 400, 500 and 600 points.

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 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.

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