

New and Improved!

My Health Rewards by MedicaSM



Make a smart move for better health and qualify for the preferred wellness premium rate on your 2014 health care coverage. Simply earn 300 or more program points by completing any combination of the health actions below for which you are eligible.

Unlike in past years, these programs cannot be completed in a matter of days. Please start your health actions as soon as possible, as several of the programs can take weeks or months to complete. You must complete your health actions by the due date to earn the wellness premium rate.

For details on specific program requirements, please visit minneapolismn.gov/hr/benefits and click on the Health & Wellness link.

Eligible	Health Action	Points	Due
All employees	Personal Health Profile. Evaluate your health and identify areas to work on. Complete a short assessment to earn program points and a \$20 gift card from Medica. Available at mymedica.com . Those without computer access may request a paper copy by calling Medica at 952-945-8000.	100	Aug 31
	Health Topics and Goals. Review eight health topics and set eight health goals to earn program points and a \$40 gift card from Medica. Topics and goals are available online at mymedica.com or on paper if you also requested a paper copy of the Personal Health Profile.	100	Aug 31
	 Biometric Screening. Learn about your health status by checking your body mass index, blood pressure, blood glucose, total cholesterol, HDL, LDL and triglycerides. Go to a worksite screening event or have your testing done by your doctor. If your doctor does your screening, you'll need to submit a Health Action Notification form to receive points. A link to this form can be found at minneapolismn.gov/hr/benefits/forms .	100	Aug 31
	 Fit ChoicesSM by Medica. Work out at a participating fitness center at least eight times per month for at least four months by the due date to earn program points. You must enroll in Fit Choices to earn points. Visit mymedica.com for a list of participating fitness clubs and enrollment instructions.	100	July 31
Employees who are invited or request to participate	Health Coaching. Complete two phone calls with a health coach by the due date to earn program points. Finish the entire health coaching program for insight into how you might overcome barriers to your well-being, plus receive a \$75 gift card from Medica. Call 1-866-905-7430 to get started.	100	Aug 31
	 Tobacco Cessation. 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.	100	Aug 31
Only employees with specific conditions who are invited by Medica	 Healthy Pregnancy Program. Get information and support for first-time and/or high-risk pregnancies.	100	Aug 31
	 Treatment Decision Program. Receive assistance in evaluating treatment options for selected conditions.	100	Aug 31
	 Medication Therapy Management Program. Get support from a specially trained pharmacist to ensure safe, effective, affordable medication therapy.	100	Aug 31
	 Case Management. Work with a nurse to better understand your complex health condition, review treatment options and communicate more effectively with your doctors.	100	Aug 31

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.

 This symbol marks health actions that are new for 2013.



You need tools to do your best work, with the most basic of these being good health. That's why the City provides you with an array of benefits from insurance coverage to wellness activities.

We're always working to give you better tools for taking care of yourself. As part of this effort, we're uniting all of our health benefits and wellness programs under a single name: WE ARE MPLS. The logo will make it easy for you to spot information that we mail to your home or post at your worksite.

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GET STARTED EARNING POINTS - TODAY!

If you have logged on to mymedica.com previously and do not have a new group number in 2013:

1. Visit mymedica.com.
2. Enter your username and password.
3. Click on the Health & Wellness tab.
4. The Personal Health Profile will load.

If you have never logged on to mymedica.com OR have a new group number in 2013:

You have a new group number if your switched networks during the open enrollment period last fall or completed the wellness program for the first time in 2012.

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. Complete the Account Set Up for the Health & Wellness page (if prompted).
6. Once you are set up, the Personal Health Profile will load automatically.

ALREADY EARNING POINTS? Track your progress with your Personal Health Scorecard

After you complete the Personal Health Profile, you'll have access to your Personal Health Scorecard. The scorecard will display points you have earned and points you are eligible to earn in the future.

The four health actions shown in the sample below will appear automatically on your scorecard. Additional health actions may appear on your scorecard if you are invited by Medica to participate in them.

Log in any time to view the options or check your point status. Medica will mail you a paper copy of your scorecard in May.

