



Walk, run, dance, hop, skip or jump your way to a healthier you!

Activity trackers measure daily movement. They count steps and measure distance. Whether you want to increase your activity a little or a lot, these devices can give you the motivation that you need to get started. Target is offering a special promotion for Medica members. **Watch your mail in January for information on how to receive a discount on Jawbone® Up™ wearables at Target.**

Coupons may be redeemed at Target stores. Coupons are valid from January 25 through April 30, 2015.

EARN REWARDS FOR YOUR ACTIVITY!

My Health Rewards by Medica® is NEW in 2015. Track™* is a new feature that gives you points for activities such as healthy eating, life balance and physical activity.

- Track your activity using your computer, tablet or smartphone
- Sync data from your Jawbone (or other participating devices and apps)
- Earn points that can be used towards gift cards!

Check it out and find your path to better health. Go to **mymedica.com** and choose the *health and wellness* tab.



WHAT IS THE BEST WAY TO IMPROVE YOUR HEALTH?

Physical activity is one of the most effective ways to impact your health:

- It's free. Gym memberships aren't required.
- It's easy. You can be active indoors or outdoors.
- It's practical. You can include activity into almost every part of your day.

My Health Rewards by Medica is not available with all Medica plans. Medica reserves the right to modify the program requirements and devices at any time. Rewards for participating in a wellness program are available to all eligible employees. You may qualify for an opportunity to earn the same reward by different means if you are unable to meet the participation standards for this voluntary wellness program. Call Medica Customer Service at 952-945-8000, or send an email to onlinewellness@medica.com to learn more about alternative options.

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*RedBrick Track is a trademark owned by RedBrick Health Corporation.

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