

# My Health Rewards by Medica®

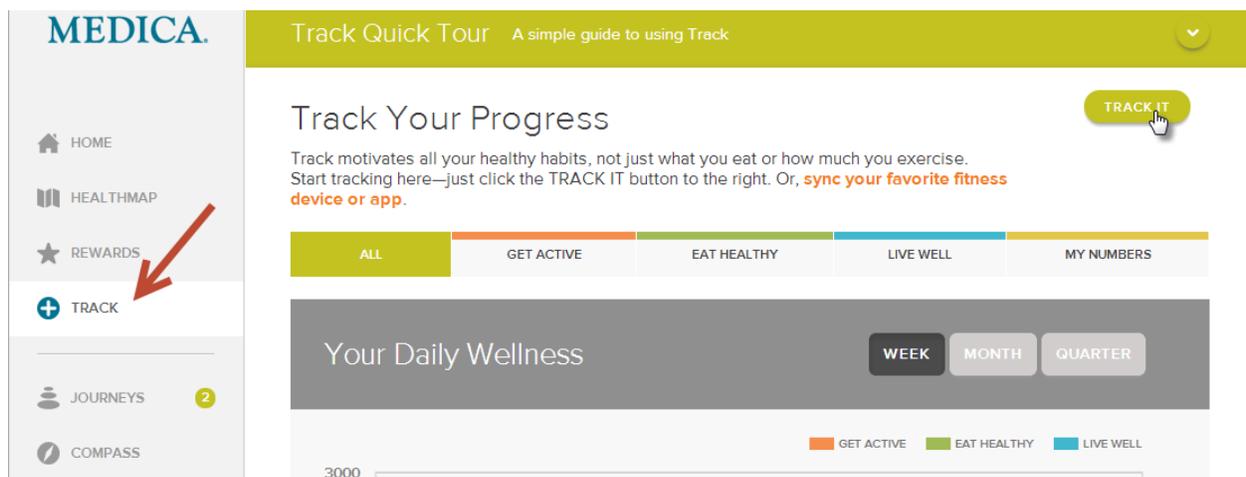
## TRACK™ - HELPING YOU REINFORCE AND MAINTAIN HEALTHY HABITS

Track gives you credit for your physical activity, healthy eating and life balance. A Daily Wellness Meter encourages you to set, and beat, your personal best every day.

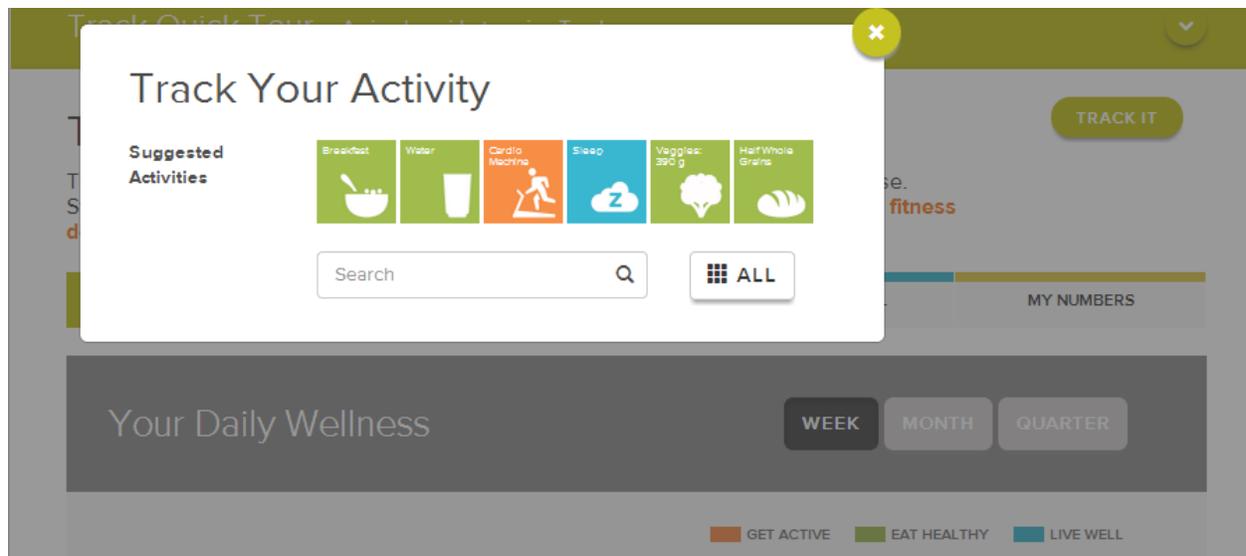
You'll earn points when you track your healthy activities. Achieve a minimum score of 300 on your Daily Wellness Meter to earn a daily reward point, up to 200 points each year.

### How to Track Your Activity

Go to **TRACK** in the left hand menu. Then click the **TRACK IT** button located on your progress page.

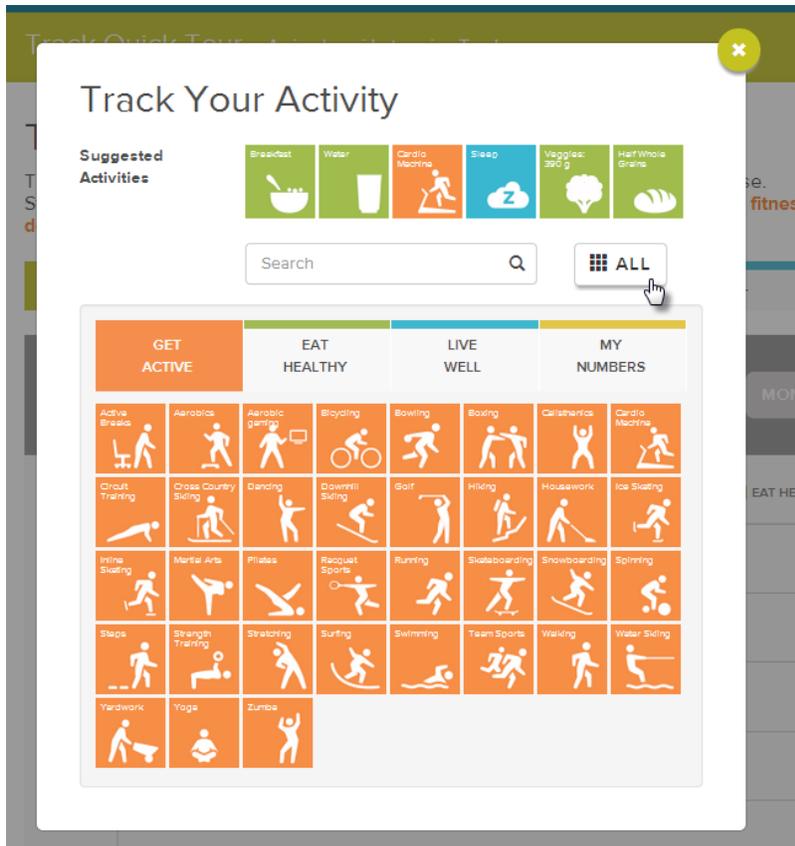


Suggested activities will be recommended. This feature will customize up to six of your most frequent activities, or you can look for a specific activity in the search field.

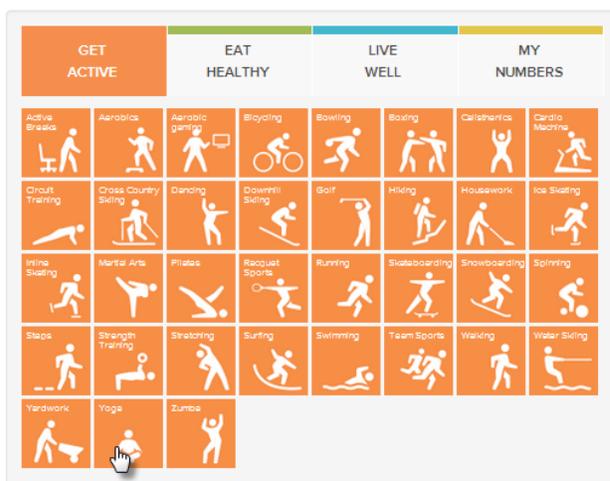


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Click the ALL tab to open each Track option. Activities are sorted into categories: GET ACTIVE, EAT HEALTHY, LIVE WELL and MY NUMBERS.



Choose an activity.



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Once you've selected a physical activity, you'll be asked to enter the duration, select the intensity (easy, moderate or vigorous), and choose the dates of completion. Your selections will be marked in green. Then click the *SAVE* button.

## Track Your Activity

**Suggested Activities:**

Walking, Bicycling, Running, Friends and Family, Sleep, Aerobics

Yoga

Track minutes per day of yoga.

\*Duration:  Minutes

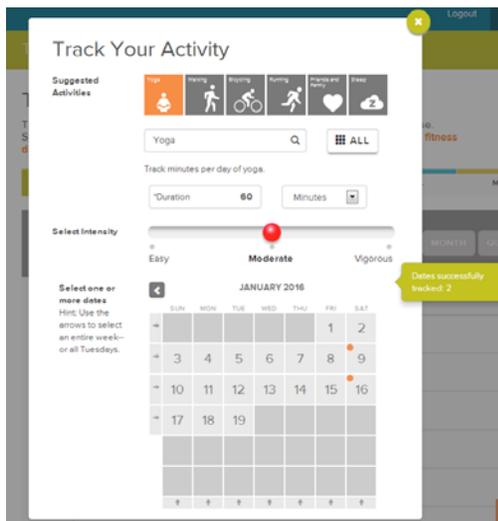
**Select Intensity:**

Easy   Moderate  Vigorous

**Select one or more dates:**  
Hint: Use the arrows to select an entire week-- or all Tuesdays.

JANUARY 2016

SUN	MON	TUE	WED	THU	FRI	SAT	
→					1	2	
→	3	4	5	6	7	8	9
→	10	11	12	13	14	15	16
→	17	18	19				



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To find out more about your Daily Wellness Meter and to review your tracking history, go to the Track Your Progress page.

1) Track Quick Tour A simple guide to using Track

## Track Your Progress

TRACK IT

Track motivates all your healthy habits, not just what you eat or how much you exercise. Start tracking here—just click the TRACK IT button to the right. Or, **sync your favorite fitness device or app.**

2) ALL GET ACTIVE EAT HEALTHY LIVE WELL MY NUMBERS

### Your Daily Wellness

3) WEEK MONTH QUARTER

GET ACTIVE EAT HEALTHY LIVE WELL

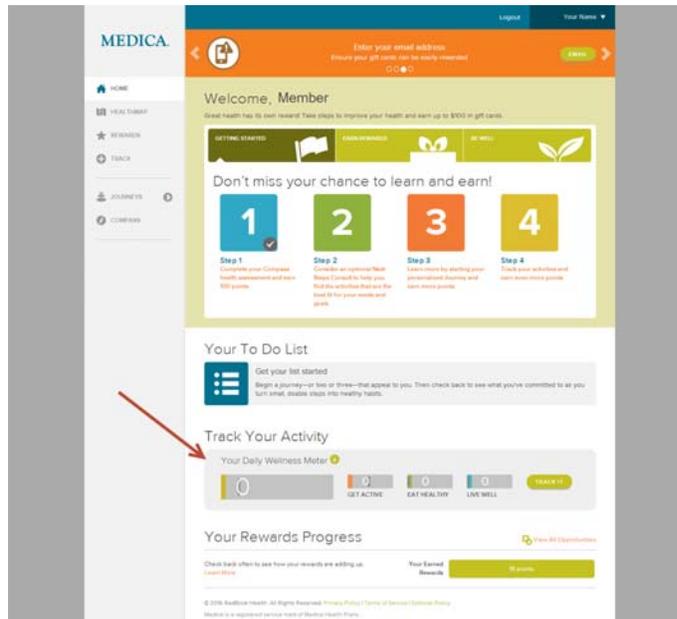
4) GET ACTIVE 600 Daily Wellness Meter

JANUARY

- 1) Take a Track Quick Tour for more information about how to use Track.
- 2) In Your Daily Wellness Graph you can sort your activity by clicking ALL, GET ACTIVE, EAT HEALTHY, LIVE WELL or MY NUMBERS.
- 3) You can even sort your tracked activity by week, month or quarter.
- 4) Click on your daily activity to view your Wellness Meter.

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Track is also conveniently located on the home page. Click the *TRACK IT* button to begin.



Check out your best and average Daily Wellness Meter score for the last 30 days. Just place your mouse on the meter bars.

## Track Your Activity



Go to your member website, [mymedica.com](http://mymedica.com), and click on the Health and Wellness tab to start tracking.

My Health Rewards 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. If you think you might be unable to meet a standard for a reward under this wellness program, you may qualify for an opportunity to earn the same reward by different means. Submit a question to [medica.com/healthandwellnessquestions](http://medica.com/healthandwellnessquestions) or call Medica Customer Service at 952-945-8000 for information on available reasonable alternative standards and we will work with you (and, if you wish your physician) to find a wellness activity with the same reward that is right for you in light of your health status.

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