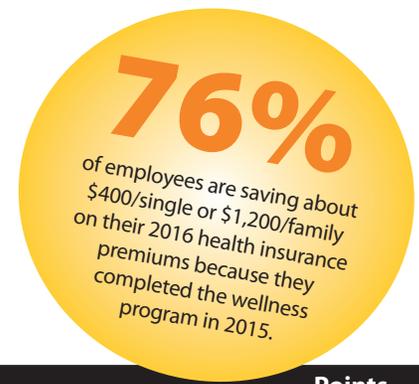


My Health Rewards by Medica®

Make a smart move for better health and qualify for the preferred wellness premium rate on your 2017 health care coverage. Earn 300 or more program points by completing any combination of the health actions for which you are eligible by August 31, 2016. For more details on specific program requirements, visit minneapolisismn.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	2016 Health Actions	Points
All employees	Compass™. With about 35 questions, the Compass health assessment takes less than 20 minutes to complete. 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.	100 points to a maximum of 100 points per year
	Journeys®. Explore an interactive topic designed to change your health habits with easy, achievable steps. A 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. When you get a message that you've earned a badge, your Journey is complete and you'll receive 50 rewards points. Expect a Journey to last 4-6 weeks, depending on your unique path. Journeys integrate with social media sites so you can share your progress with others, if desired.	50 points per Journey to a maximum of 300 rewards points per year
	Track™. Log what you do each day in categories like exercise, healthy eating and life balance. When you move your daily wellness meter to 300, you'll earn a point for that day. You can manually enter your activities into Track from your My Health Rewards website or automatically sync from a variety of mobile apps and personal devices such as Fitbit. You can enter data retroactively, but you can't go back more than 30 days.	1 point per day to a maximum of 200 rewards points per year
	Biometric Health Screenings. Check your body mass index, blood glucose, cholesterol and blood pressure. You can go to a worksite screening event, have your doctor order your tests or use another approved provider. 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. NEW in 2016, you'll receive 25 points for each test result that is within the recommended range.	100 points for the screening tests plus 25 bonus points for each normal test result to a maximum of 200 points per year
	Preventive Cancer Screenings. Report 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 enter the dates of your most recent screening exams.	25 points per eligible screening per year
	Health & Wellness Class. Report that you attended up to two worksite health and wellness classes by August 31, 2016. 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 minneapolisismn.gov/hr/benefits .	25 points per class to a maximum of 50 points per year
	Flu Vaccination. Report that you were vaccinated for the current flu season (September 2015 – May 2016). Visit the Rewards page or the Featured tile on the HealthMap page of your personal My Health Rewards website to enter the date of your most recent flu vaccination.	25 points to a maximum of 25 points per year
Only employees with specific conditions who are invited by Medica Check your My Health Rewards website to see if you are eligible	Sorting It Out. Partner with a Medica health coach to sort through treatment options for your back, knee or hip.	200 points per completed program to a maximum of 200 rewards points per year
	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.	
	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.	
	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.	

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 2016:

1. Visit mymedica.com.
2. Enter your username and password.
3. Click on the Health & Wellness tab.
4. Update your account profile with a current email address where you'd like to receive gift card reward notifications.
5. Begin working on health actions. We recommend you complete the Compass health assessment first. Your 2015 responses to the Compass assessment may still appear. To earn points for Compass in 2016, you must click the re-take button and complete the assessment.

If you have never logged on to mymedica.com OR have a new group number in 2016:

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 2016 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.

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 during the summer.

Start earning rewards today!



3
rewards

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 2017 City of Minneapolis Medical Plan when you complete 300 points by August 31, 2016.

3. Gift cards

Receive gift cards totaling \$100 when you earn 500 points on or before December 31, 2016. Gift cards are awarded in \$20 increments at 100, 200, 300, 400 and 500 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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