

# My Health Rewards by Medica®

## COMPASS®\* – HELPING YOU UNDERSTAND YOUR HEALTH STATUS

Our next generation health assessment uses graphics, pictures and other interactive elements to help you complete your own personal assessment. You'll receive your results and recommendations immediately and you can return to your assessment at any time to modify or update it with new information – just hit the *RETAKE* button. You'll earn 100 points per year when you complete the Compass health assessment.

To take your Compass health assessment:

1. Go to [mymedica.com](http://mymedica.com) and click on the *Health & Wellness* tab.
2. Scroll down to the *Start your Compass Health Assessment* section on the homepage and click the *LET'S DO THIS* button.
3. Click the *LET'S BEGIN* button on the health assessment page. If you've taken the health assessment before, the site may show your results from the previous plan year. Click the *RETAKE* button at the top of the page to take the assessment again.

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### Welcome to Your Compass Health Assessment

Everyone starts down the road to better health from a different place. Find out where you stand right now when you complete your Compass questionnaire.

- ANSWER**  
Answer around 35 questions.
- LEARN**  
Find "aha" moments in fresh Health Bites along the way.
- DISCOVER**  
Explore a personal health report built just for you.
- ENGAGE**  
Choose your "next steps" toward feeling and looking better now.

### Your privacy is important

We will ask questions about your health history such as your health numbers, lifestyle and diagnosed conditions. This is used to direct you to health tools that can help you meet your health goals. There are a few questions that you may choose not to answer.

[More about our privacy principles](#)

**LET'S BEGIN**

4. Answer questions about your health, wellness and activity level. It will take about 15-20 minutes to complete. You don't have to complete it in one sitting. Click *SAVE FOR LATER* and pick up where you left off at a later date.
5. Review the *Health Assessment Results* page to see your top health & wellness strengths, risks and how you compare to others.

**Health Assessment Results**

RETAKE DOWNLOAD PDF

You're going in the right direction.

You've come to the right place for Ideas and support on next steps to improving your health. With some healthy changes you can get closer to a goal score of 100. What steps are doable today to keep you moving in a healthy direction?

**Health Score**

**70**

**How your health compares**

Are you doing better than the thousands of people who make up the average? Improving your everyday habits, getting recommended exercises, and following a doctor's treatment plan help you earn a higher score.

**Physical Activity**

Congratulations on keeping up with one of the most important health habits for both body and mind. Your commitment to physical activity boosts your energy and mood, helps you manage your weight and prevents disease. And that's only the top three of many reasons to keep it up!

**Health Status**

Living illness-free—or living well with a condition—isn't just good luck; it also says something about how you take care of yourself. Remember not to take your current state for granted. Stay focused on eating healthy, exercise, good sleep and social ties. And feel your best for a long time to come.

**Your Top Risks**

**Weight**

Your current results show you may want to strive for a healthier weight range. If you are overweight, even a small weight loss can lower your risk of heart disease and diabetes—and improve how you feel. If you are underweight, small gains improve your nutrition and your energy. So wherever you stand with your weight, make one small change today.

**What's your next step?**

Your report is only the beginning. Now it's time to explore a world of healthy activities, expert support and a little friendly competition that will keep you moving on a healthier path.

LET'S GO

About This Assessment

	Strengths	To Watch	Risks
Physical Activity	●		
Health Status	●		
Tobacco	●		
Pain	●		
Alcohol	●		
Safety	●		
Life Outlook	●		
Stress		●	
Work Productivity		●	
Preventive Care		●	
Sleep		●	
Social Support		●	
Nutrition		●	
Cardiovascular Risk		●	
Weight			●

**Go to your member website, [mymedica.com](https://www.mymedica.com), and click on the Health & Wellness tab to get started.**

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](https://www.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.