



# My Health Rewards by Medica<sup>®</sup>

## Next-Steps Consult<sup>™\*</sup>

### YOU'VE COMPLETED YOUR COMPASS<sup>™\*</sup> HEALTH ASSESSMENT. WHAT'S NEXT?

Congratulations. You've taken the first step toward a healthier you! If you need a little extra help with your health and wellness, try a **Next-Steps Consult**.

### HERE'S HOW IT WORKS

A Health Guide helps you make sense of your Compass health assessment results. You simply:



- Access the scheduler from your My Health Rewards home page
- Set up a 15-minute phone call at a time that's convenient
- Talk to a personal Health Guide to discuss recommended programs
- Receive help committing to a plan to keep your momentum going

Health Guides have expertise in nutrition counseling, exercise physiology, chronic condition management, and more. They can answer questions about your My Health Rewards program, results, points and rewards.

Earn 25 points per year when you complete a Next-Steps Consult.

Consults are easy to schedule. On your My Health Rewards home page, scroll down to the *Complete a Next-Steps Consult* section and click the "Schedule Now" button to make your appointment. Be sure to also enter your phone number in your profile so we can contact you for your consult. Click *Profile* in the upper right hand corner to enter your phone number. One session with a guide is available each year.

Go to your member website, [mymedica.com](https://mymedica.com), and click on the Health and 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://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.

### Your health. Our passion.

Health and wellness is personal. We'll help you:

- Understand your health assessment results
- Learn about your health risks
- Identify steps toward healthy changes