

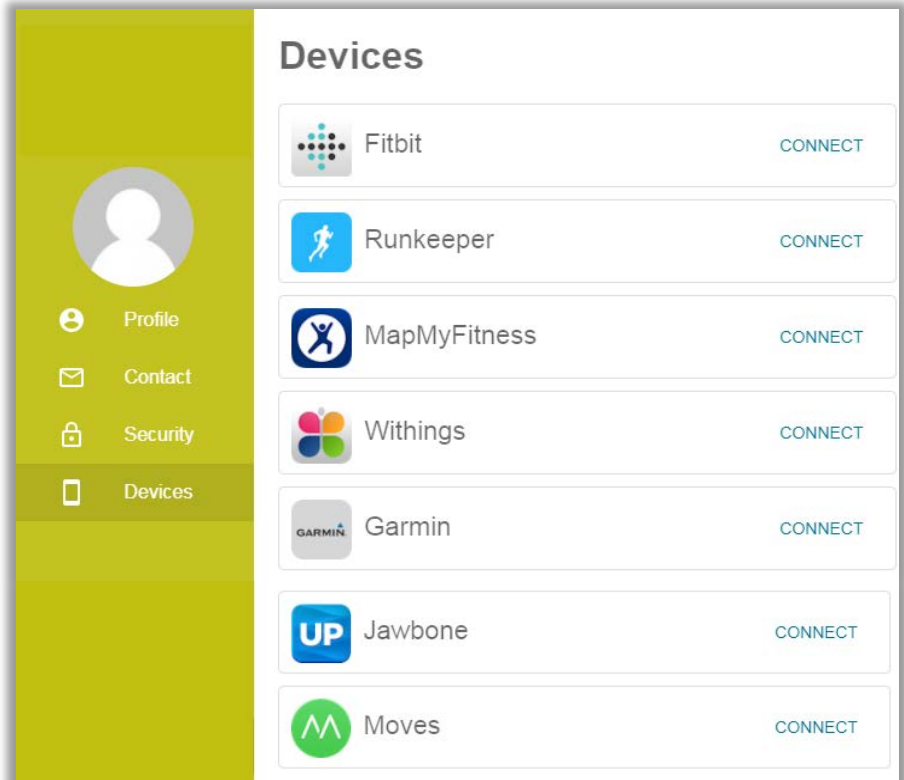
# My Health Rewards by Medica®

## SYNC WEARABLE DEVICES AND APPS

Track™ lets you log and receive credit for daily physical activity. Tracking can be done on your My Health Rewards site and by syncing with select wearable devices including Fitbit®, Jawbone® and Garmin™, or popular apps such as RunKeeper and MapMyFitness.

To sync your wearable device or app:

1. Log in to [mymedica.com](http://mymedica.com) and click on the *Health & Wellness* tab.
2. Click on *Sync Device* in the upper right corner from any page within your My Health Rewards site.
3. Find your wearable device or app and click *CONNECT* to sync.
4. After you click *CONNECT*, a new browser window will open for your selected wearable device. Follow the directions on the page, which usually asks for your account information (user ID and password) for the wearable device or app. Providing the requested information on this page syncs the wearable device or app to the My Health Rewards site.



After syncing your device or app, your data will be loaded automatically to the My Health Rewards site going forward. Log in often to make sure that your data is properly syncing from your device or app to the site. Achieve a minimum score of 500 on your Daily Wellness Meter to earn a Track daily reward point, up to 200 points per year.

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.