

# 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.

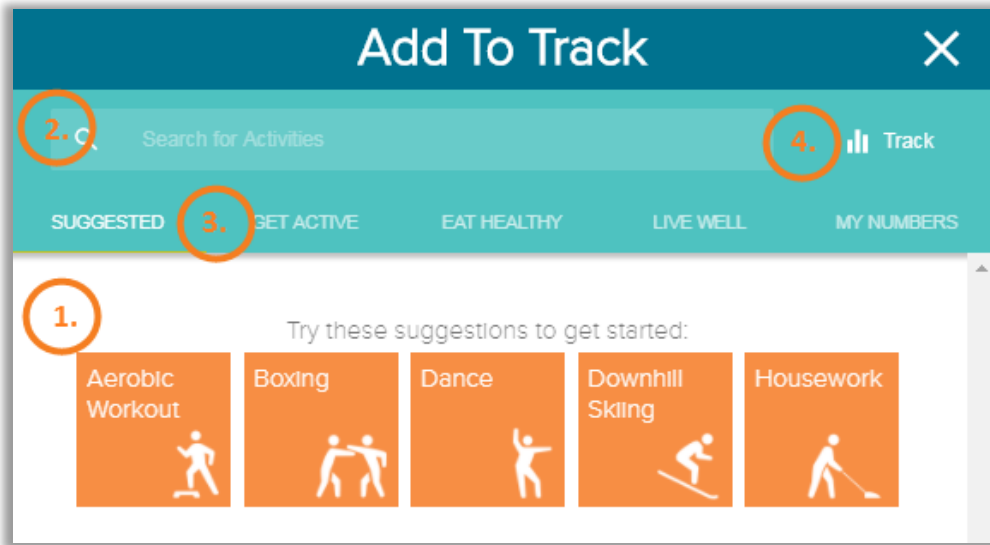
You'll earn points when you track your healthy activities. Achieve a minimum score of 500 on your Daily Wellness Meter to earn a daily reward point, up to 200 points each year.

### How to track your activity

On the homepage, scroll down to the *Chart your Health Habits in Track* section and click on the *ADD TO TRACK* button. Or click on *Add to Track* in the upper right corner from any page within your My Health Rewards site.

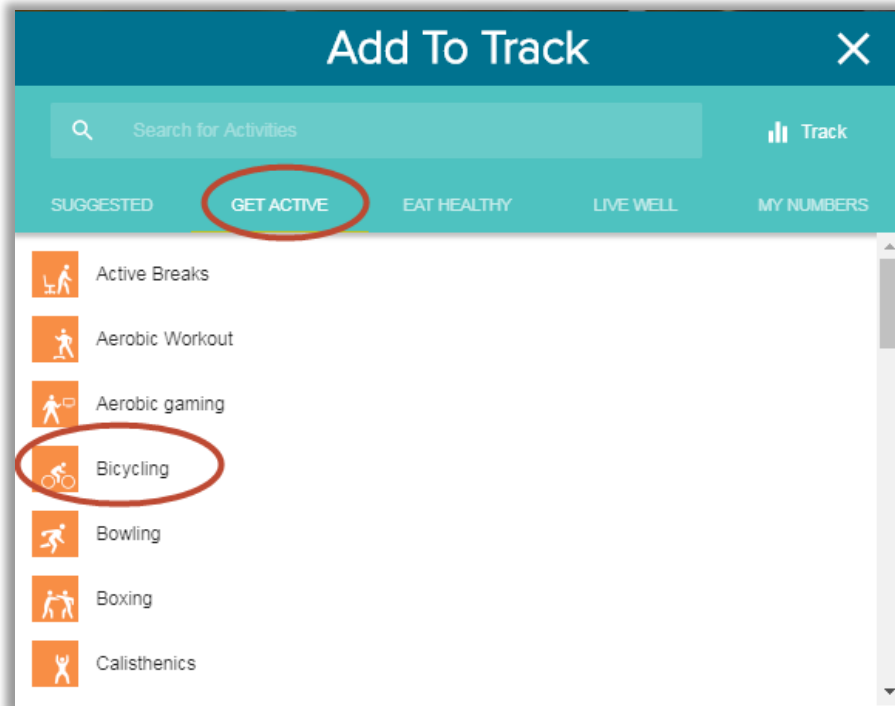
The image shows a screenshot of the My Health Rewards website. At the top, there is a navigation bar with links for 'In Progress (1)', 'Add to Track', 'Sync Device', and 'Profile'. The 'Add to Track' link is circled in red. Below the navigation bar, there are tabs for 'HOME', 'TOPICS', and 'REWARDS'. The main content area features a large banner with the text 'Take some time for your well-being.' and a list of bullet points: 'Looking for a place to begin? Start with your health assessment.', 'Ready to jump right in? Sync a fitness device or app or start an online Journey.', and 'Explore the activities that are recommended for you.' Below this banner are two smaller promotional cards. The first card is titled 'EARN 100 POINTS' and 'Start your Compass health assessment.' The second card is titled 'EARN 1 POINT DAILY' and 'Chart your healthy habits in Track.' This second card is highlighted with a white border and contains a red circle around the 'ADD TO TRACK' button. The text on this card reads: 'Get in a workout? Eat something good today? Got new health numbers? Use Track to chart it all. Or make it automatic by syncing a fitness device or app.'

View your options for activities.

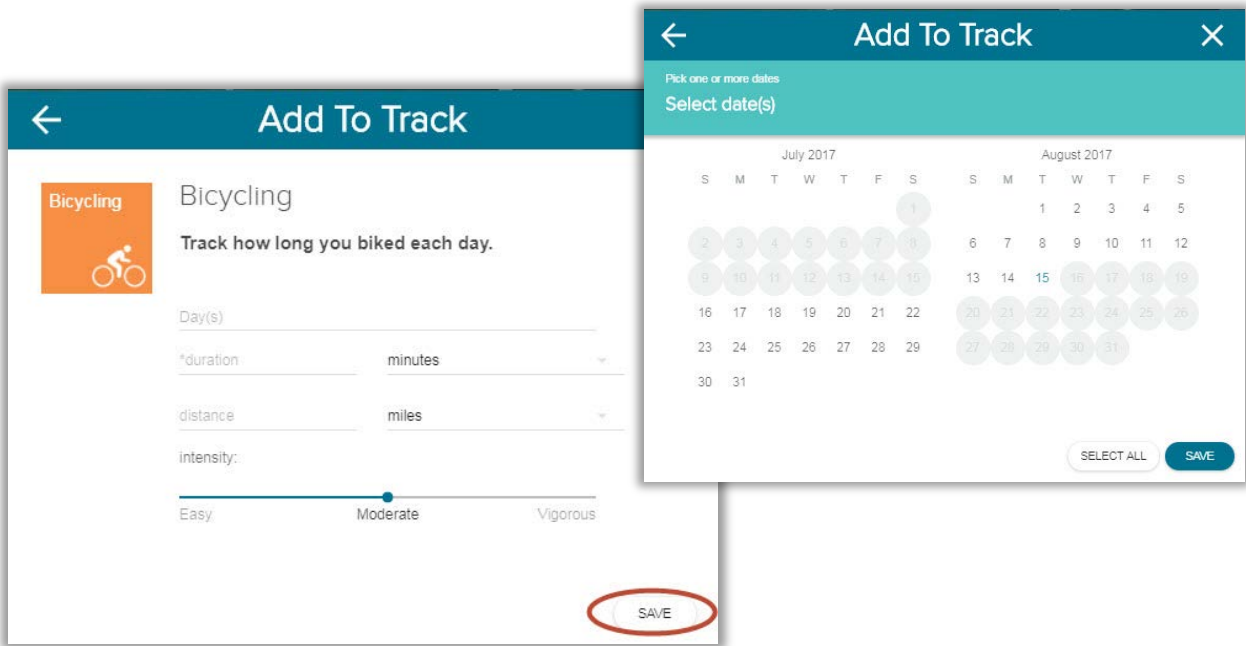


1. Click on one of your suggested activities. This feature will customize up to five of your most frequent activities.
2. Search for activities in the search bar.
3. Select activities by category.
4. Check your Daily Wellness Meter to view your tracking history and your earned points.

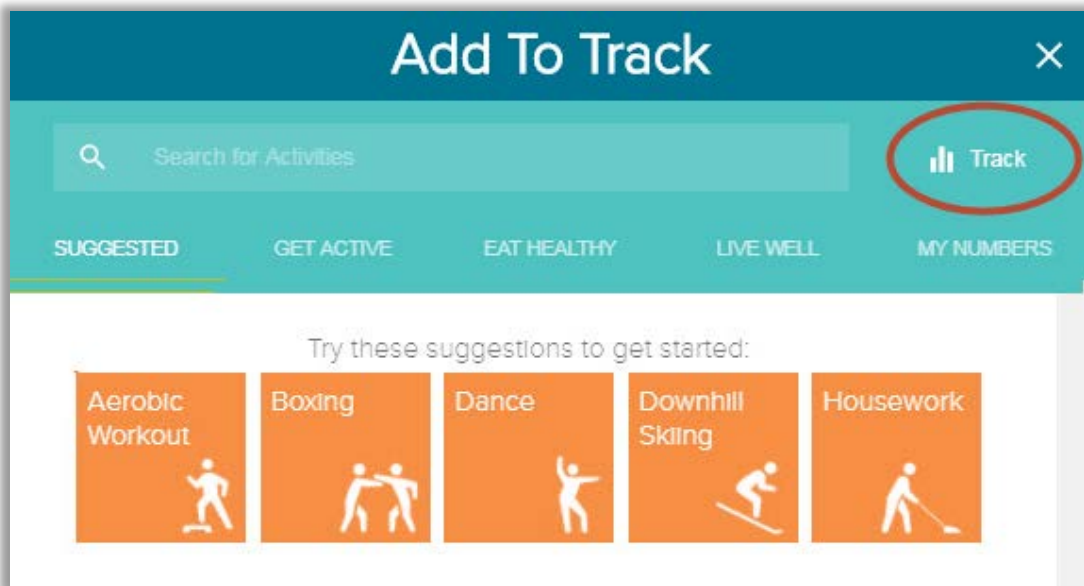
Choose an activity.

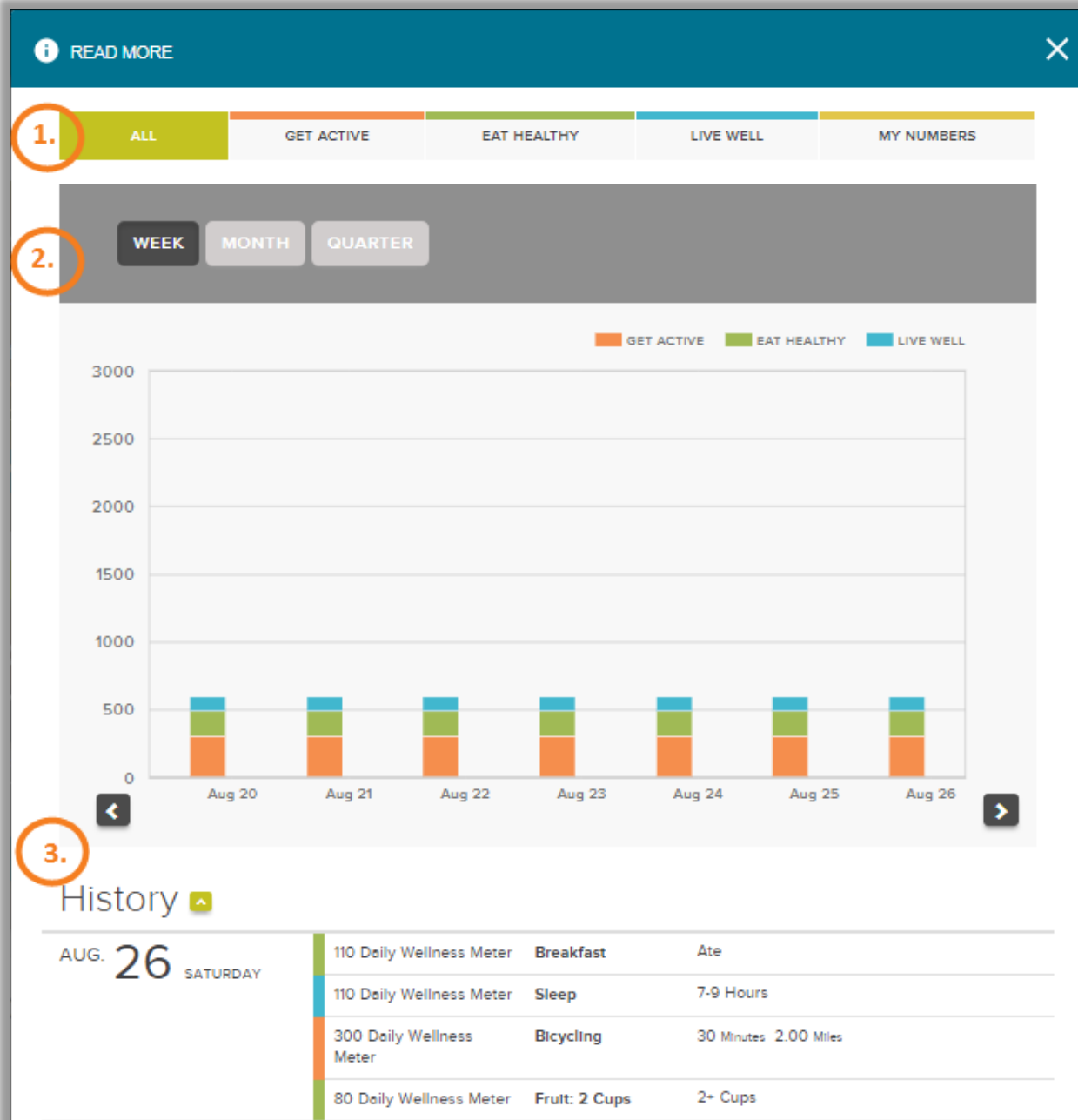


After you've selected an activity, you'll be asked to enter the date and additional information about your activity such as duration and intensity (easy, moderate or vigorous) for physical activities. Then click the **SAVE** button.



To view your Daily Wellness Meter and review your tracking history, go to the Track meter in the upper right hand corner of the *Add To Track* page.





1. View your activities by category.
2. Look at your activities by week, month or quarter.
3. Review your history by day.

**Go to your member website, [mymedica.com](http://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](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.