



For more information about the Healthy Saint Paul Wellbeing Program, visit healthy.stpaul.gov

January Newsletter

2022

NEW CONTENT in the coming months!

Goal Setting in the New Year?

Goals and habits go hand-in-hand. **GOAL SETTING** is a tool to think about your ideal future, choose where you want to go in life, and help clarify your purpose. **HABITS** are the daily activities and discipline to achieve those goals. When it comes to your health goals, habits are the key to success!

Learn about how to set your SMART Goals and how to habit-stack with more information from the Healthy Saint Paul website: healthy.stpaul.gov



Log on to mymedica.com to access the Healthy Saint Paul Wellbeing program

By choosing from the wide variety of activities, you can earn points towards the **Healthy Saint Paul** Wellbeing Program incentive AND gift cards at the **Virgin Pulse store**.

NEW IN 2022

My Health Rewards Features and Opportunities to Earn More!

Now earn a total of **\$220 in gift cards** with the NEW triple tracker feature. Just connect your fitness tracker to your My Health Rewards account. Manual tracking of steps and active minutes will not count toward earning the monthly reward.

View the breakdown of 2022 incentives on the Healthy Saint Paul Website and mymedica.com.

Omada

Benefit Spotlight

You may be eligible for a FREE new program to help improve your health. **Omada** surrounds you with tools and support to help you reach your health goals. If you or your adult family members are at risk for type 2 diabetes or heart disease and enrolled in our Medica health plan, the City will cover the entire cost of the program.

Don't wait to grab your spot! It only takes a few minutes to get started: omadahealth.com/saintpaul

WAYS TO EARN	POINTS	PULSECASH REWARD AMOUNT
EARN PROGRAM POINTS	2,000	\$10
	10,000	\$20
	25,000	\$50
	40,000	\$80
		\$160 per year
20-DAY TRIPLE TRACKER	Track* any combination of the following activities on 20 or more days in a calendar month to earn a bonus reward: <ul style="list-style-type: none"> • 7,000 steps a day and/or; • 15 active minutes a day and/or; • 15 workout minutes a day. 	\$5 per month
		\$60 per year

Point-based rewards + 20-day triple tracker rewards =

\$220 in rewards potential per year