

Do you have health insurance with your employer?

There are many opportunities for you to make small but long-term lifestyle changes focusing on your overall health and wellbeing.

Program to promote Activity and Overall Well-Being - My Health Rewards

We are all unique and look at health and fitness differently. My Health Rewards will meet you where you are and along the way will encourage you to push yourself just a bit harder to increase your activity.

Are you the person who.....

- ❖ Works at a desk most of the day? You might not realize how much you actually move during your workday. Maybe you'd like an extra "push" to increase your activity. My Health Rewards can help you!
- ❖ Is active at work all day inside or outside?
- ❖ Enjoys taking short walks during your breaks or long, relaxing walks after work?
- ❖ Completes a workout in the morning before work or jogs after work? Be rewarded for your activity!

My Health Rewards is more than steps.

- ❖ Are you looking for new, healthy recipes?
- ❖ Do you need some tips for helping with your sleep pattern?
- ❖ Looking to start working on small healthy habits?
- ❖ Are you currently in your parenthood journey – check out Ovia Health.

If you answered "yes" to any of the questions above and are not participating in the My Health Rewards program, as yourself, "WHY NOT?"

NEW 2024 - Earn \$165 at your own pace during the calendar year (January – December). How? Register online at <https://www.medica.com/wellness/my-health-rewards-members> and then download the App for your phone.

Extra ambitious? Contract Holders can earn an additional \$180 by earning a \$15 bonus for achieving monthly goals – A potential total reward of \$345!

Do you have family coverage? Your spouse and dependents can earn an additional \$5 for achieving monthly goals – A potential total reward of \$225!

Do you need to use a phone? No, but it certainly is easier to track your activity. Virtually connect your phone or tracking device and just like "magic" your activity will be tracked through the program.

NEW on January 1, 2024 – Life Time® Digital Membership

Life Time® Digital membership, offers access to hundreds of on-demand and live streaming fitness classes, meditations, plus nutrition and lifestyle article content to support your fitness and well-being goals.

No additional cost to MHC or members. Medica is adding this program as part of their overall health and well-being effort. Register no earlier than January 1, 2024.

More Health and Wellbeing programs for you and your family!

Behavioral Health, Diabetes Prevention, Joint & Muscle Health

Behavioral Health

Self Care by AbleTo offers self-care techniques, coping tools, meditations, and sleep tracking. Articles and short videos are provided to you as a resource. Online program available on our computer and/or as an app for your phone.

Also available, online therapy with a licensed therapist. Your insurance information will need to be entered. Visits with a therapist online will be billed through your insurance as a behavioral health office visit.

Go to: www.AbleTo.com/Begin Access Code: Medica

Live and Work Well extends well-being support and resources to all members. Online resource topics such as stress management, substance use, depression along with financial planning, childcare, and work-life balance. You can also review your personal medical claims and coverage within this program. www.liveandworkwell.com

Substance Use Disorder helpline and online chat is a confidential resource available through Live and Work Well. 24/7 access via phone at 1-855-780-5955.

Medica Call Link shares 24 – Hour Health Support by Medica Advisors and Nurses 24 hours a day, 365 days a year. Specialists are available to answer questions and offer support to guide you in making smart decisions about your health. 1-800-962-9497

Diabetes Programs and Joint & Muscle Health with Omada

Omada for Prevention and Diabetes offers personalized support to guide you through your health goals.

We all have different paths in our health journey. Maybe you...

- ❖ Have a health history that increases your chances of diabetes or heart disease.
- ❖ Are struggling to find a healthy path to reduce weight.
- ❖ Are looking for some small lifestyle changes that will give you long-term results.
- ❖ Have been diagnosed with Type 1 or Type 2 Diabetes.

Joint and Muscle Health with Omada – virtual and online program

- ❖ Would you like to build muscle to prevent aches and pains?
- ❖ Do you have current muscle or joint pain and would like to visit with a licensed physical therapist?

Learn more at www.OmadaHealth.com/MHC

Be a consumer of your own healthcare – learn about your insurance plans and benefits.

- Register and log in to your Medica Member Portal: www.medica.com/signIn
- Then download the app– Search for “Medica Member” on your phone!

