

# Plan resources for a healthier you



Your plan includes “extras” that can help you stay healthy, get support, and make the most of your plan – at no extra cost to you.

## Stay Healthy



### Fit Choices<sup>SM</sup> by Medica Program

**Motivation to hit the gym.** Earn up to \$20 per month by working out 8 times a month at a participating fitness club. That's up to \$240 a year. To learn more or to find a health club near you, go to [Medica.com/FitChoices](https://www.Medica.com/FitChoices).



### Health Rewards Program

**Get inspired to make positive changes.** Taking steps to improve your health might be easier than you think. Want to lower your stress? Quit smoking? Eat more fruit and veggies? My Health Rewards by Medica<sup>®</sup> makes it fun — and rewarding. You'll earn rewards as you complete activities personalized just for you. To get started, download the Virgin Pulse app, free in the App Store and on Google Play. Or go to [Medica.com/MHC](https://www.Medica.com/MHC).



### Healthy Pregnancy & Parenting Program

**Get support for your parenthood journey.** Ovia Health apps give you on-demand, customized support and coaching. They help you with tracking your period, getting pregnant, and dealing with pregnancy. They also help you with wellness after the baby arrives. Download Ovia Parenting, Ovia Pregnancy, or Ovia Fertility for free from the App Store or Google Play. Enter your employer and health plan information to access all the unique tools and features.



### Omada

**Personalized support to reach your health goals.** Omada's digital health programs give you the tools and support you need.

#### • Omada for Prevention

Helps you make small changes to lose weight and reduce your risk for diabetes and heart disease.

#### • Omada for Diabetes

Provides personalized coaching and digital tools to help you improve your blood glucose control.

#### • Omada for Joint & Muscle Health

Is a virtual program available to members enrolled in a Medica Choice<sup>®</sup> Passport plan. It helps you build muscle to prevent aches and pains, and connects you with a licensed physical therapist to help treat current muscle or joint pain, all on your mobile device and schedule.

Learn more at [OmadaHealth.com/MHC](https://www.OmadaHealth.com/MHC).

# Sanvello



## On-demand help for stress, anxiety and depression

Rethink how you manage your behavioral health. Sanvello gives you access to clinically proven techniques based on cognitive behavioral therapy for dealing with stress, anxiety, depression, or whatever else you may be going through. From coping tools to meditations to Guided Journeys, you'll get help to manage your moods and thoughts so you can understand what works for you to feel better.

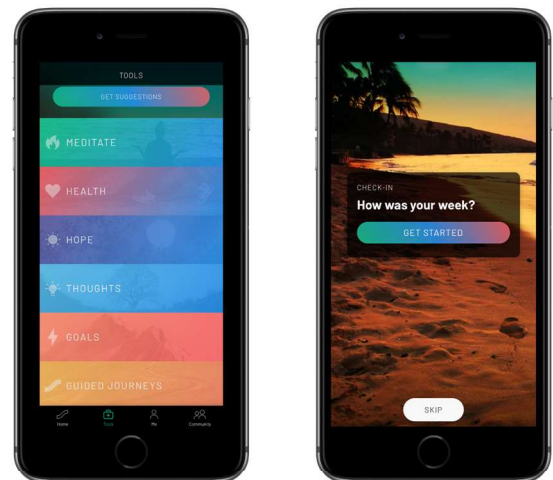
**Daily mood tracking:** Answer simple questions each day to capture your current mood, find patterns and self-assess your progress.

**Coping tools:** Reach for just the right tool to relax, be in the moment or manage stressful situations, like test-taking, public speaking or morning dread.

**Guided Journeys:** Designed by experts for a range of needs, journeys use clinical techniques to help you feel more in control and build long-term life skills.

**Personalized progress:** Through weekly check-ins, Sanvello creates a roadmap for improvement. Track where you are, set goals and make progress week by week.

**Community support:** Find encouragement, stories and insights from your Sanvello peer community and share your own— anonymously, anytime.



## Getting started with Sanvello

You have access to the premium version of the Sanvello app at no additional cost as part of your plan's behavioral health benefits. Simply follow these easy steps to get started:

1. Download the Sanvello mobile app from the App Store or Google Play.
2. Open Sanvello and tap "Get Started."
3. Complete the steps to create a Sanvello account.
4. After creating an account, select "Upgrade Via Insurance."
5. Search for and select "Medica."
6. Enter the information from your Medica ID card.
7. Use the help prompts for additional assistance if needed.



## Get online therapy when you need it

When you need some extra support, you can schedule an online therapy session and talk to a licensed therapist from the comfort of wherever you are.\* Your therapist will get to know you and work with you on a plan to move forward. It's simple to get started.

1. Open the Sanvello app and tap the therapy scheduling tile.
2. Tap "Get started," select a state, and tap "Next."\*\*
3. Select "I have insurance."
4. At the "Find Your Health Plan" prompt, enter **Medica** and complete the requested information. (If you entered your insurance information when you created your Sanvello account, some of the information will already be populated).
5. Answer a few short questions to find therapists that match your criteria.
6. Choose a therapist who is a good fit for you and select a date and time that works for your schedule.

**Note:** There is a separate cost for online therapy sessions. Sessions are covered under your plan as a behavioral health office visit. Following your visit with a therapist, if you entered your Medica insurance information, Sanvello will send you a bill for any cost share you may have after your plan benefits have been applied.

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Sanvello also offers Coaching that allows you to message with a supportive behavioral health coach and try live, anonymous classes. There is an additional cost for Coaching that it is not covered under your Medica plan. To learn more or to add the Coaching service, tap on the Coaching tile in the Sanvello app.

\*The Sanvello mobile application should not be used for urgent care needs. If you are experiencing a crisis or need emergency care, call 911 or go to the nearest emergency room. The information contained in the Sanvello mobile application is for educational purposes only; it is not intended to diagnose problems or provide treatment and should not be used as a substitute for your provider's care. The Sanvello mobile application is available at no out-of-pocket cost to you through your health plan membership. Participation in the program is voluntary and subject to the terms of use contained in the application.

\*\*Online therapy is currently available in select states only. To see a list of states where services are available, go to [Sanvello.com](https://Sanvello.com).

# Ovia Health



## Digital tools for modern parenthood

Ovia Health apps give you on-demand, personalized support throughout your parenthood journey. They can help you track your period, get pregnant, and understand your pregnancy symptoms. With Ovia Health apps, you'll even learn how to stay healthy after your baby arrives.

With Ovia Health apps, you get:

### **A health assessment and symptom tracking**

Get alerts and personal coaching when you need it.

### **Calendars, updates, and checklists**

Use a pregnancy calendar, daily baby updates, and a development checklist to track milestones for you and your baby.

### **Health and wellness programs**

Explore health and wellness programs to help you learn about infertility, sexual health, birth planning, preterm delivery, mental health, breastfeeding, and more.

### **Unlimited one-on-one coaching**

Send instant messages to registered nurse health coaches to ask all your questions.

### **Benefits library**

Learn about all of your health care benefits from one, easy-to-find place.

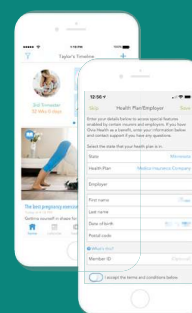
### **Career and return-to-work programs**

Find coaching and career advice about maternity leave, returning to work, and being a working parent.



### **Questions? We're here.**

Call Customer Service at the number on the back of your Medica ID card (TTY: **711**).



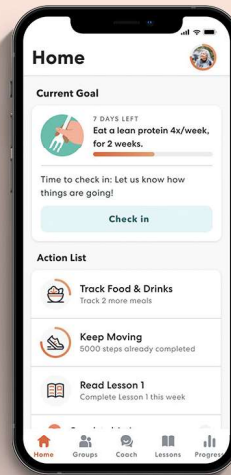
## Getting started with Ovia Health

As a Medica member, you can use the exclusive Ovia Health features including one-on-one coaching, symptom tracking, return-to-work tools, and more. Follow these steps to get started:

1. Download Ovia Fertility, Ovia Pregnancy, or Ovia Parenting from the App Store and Google Play.
2. Sign up and choose "I have Ovia Health as a benefit."
3. Enter your state, health plan (Medica), employer name, and personal details.
4. Get started!



# Better health, made easier



Whatever 'healthy' means to you, Omada® helps you get there.  
**All at no cost to you.**

## What you get with Omada:

- ✓ A plan built around you
- ✓ Dedicated health coach & care team
- ✓ All the smart health devices you need

## Do what works for you

We'll help you figure out the healthy habits and routines that work for you—motivation included.

## 24/7 access to support

From weekly lessons to online community, get all the tools you need to face any challenge head-on.

## You decide what 'healthy' means

Try new things you actually enjoy, rather than avoiding foods you "can't eat" or things you "shouldn't do."

## The best part? It's covered.

If you or your adult family members are at risk for type 2 diabetes or heart disease or are living with diabetes, and enrolled in our Medica health plan, Minnesota Healthcare Consortium will cover the entire cost of the program.

It only takes 1 minute to get started.

[omadahealth.com/mhc](https://omadahealth.com/mhc)

With Omada, there's  
a program for you



Weight loss &  
overall health



Diabetes





# Shift your mindset, *change your health*



Remove the barriers between you and recovery with Omada for Joint & Muscle Health®. Meet with a dedicated Physical Therapist (PT) in as little as 48 hours from enrollment.\*

## What you'll get\*:

- ✓ A dedicated licensed PT
- ✓ Treatment plan from head to toe
- ✓ Unlimited 1:1 chats and video visits with your PT
- ✓ Free exercise kit with all the tools you need

## A treatment plan just for you

Treat the source of your pain, not just the symptoms.

## App-guided exercises

3D animations and voice narration help with pacing and form.

## Anytime, anywhere access

Message your PT for guidance and support.

## Are you eligible?

Omada for Joint & Muscle Health is available to Medica members who: are at least 13 years old; are enrolled in a Medica Choice® Passport plan; and live in Iowa, Minnesota, Missouri, North Dakota, South Dakota, or Wisconsin.

Your out-of-pocket costs will depend on your plan benefits and the services you access through the program. There's no cost for the prevention program. For a PT consultation and the PT-guided recovery program, each will be covered as an office visit under your plan's physical therapy benefits and applicable copay, deductible, and/or coinsurance rates will apply.

## Get Started:

[omadahealth.com/mhc](https://omadahealth.com/mhc)



\*The program features described are specific to the complete version of Omada for Joint & Muscle Health, which includes a physical therapist. Members not experiencing a relevant injury or musculoskeletal condition may instead receive a preventive version of Omada for Joint & Muscle Health, which includes different features and does not include a physical therapist.



# My Health Rewards by Medica®





# Your healthier future starts now.

Earn points and get rewards with My Health Rewards, an online tool that helps you take small steps to reach your health goals.

## Take the first **step**

Follow these easy steps to create an account once your plan year starts:

### Employees:

- 1 Download the free Virgin Pulse app from the App Store or Google Play.
- 2 Open the app and click on Create Account under the Sign In button.
- 3 Search for and choose **Minnesota Healthcare Consortium** on the sponsor organization list.
- 4 Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online? Go to [Medica.com/MHC](https://Medica.com/MHC) to create your account.

### Spouses and dependents ages 18+:

- 1 Download the free Virgin Pulse app from the App Store or Google Play.
- 2 Open the app and click on Create Account under the Sign In button.
- 3 Search for Medica on the sponsor organization list. Then choose **Medica My Health Rewards**.
- 4 Follow the steps to sign up. Enter your name exactly as it appears on your Medica ID card.

Prefer to sign up online? Go to [Medica.com/MyHealthRewards](https://Medica.com/MyHealthRewards) to set up your account.

## Earn rewards for healthy behaviors

Our points-based program offers rewards for completing healthy activities. Redeem points for e-gift cards or shop for health and fitness products in the Virgin Pulse store. You can even choose to donate your rewards to a charitable cause.

Activities include:

- Assess your health
- Attend the Minnesota Healthcare Consortium Spring Virtual Wellness Conference
- Personalize your health journey
- Connect your fitness tracker
- Choose the tools and programs that work for you

## Assess your health

Keeping up with preventive care keeps you feeling your best. First, go to the Health tab to complete your health assessment. Then, My Care Checklist gives you personalized, friendly reminders that let you know when you're due to see your health care provider. Earn points by tracking your preventive care screenings and visits.

## Attend the Minnesota Healthcare Consortium Spring Virtual Wellness Conference

Learn some new tips to motivate you at the Spring Virtual Wellness Conference. After attending the conference, go to the Benefits page in My Health Rewards to enter your voucher code and earn 200 points.

*Available to employees only.*



# Personalize your health journey

Go to the Profile page to choose topics you're interested in: eating healthy, sleeping well, reducing stress, and more. You'll get daily learning cards with helpful tips. Do some of them, and you'll earn points toward rewards!

Want to improve some of your habits? Choose from more than 125 Healthy Habit activities, track your progress, and earn points toward rewards. Over time, these small steps can add up to big changes.

## Connect your fitness tracker

Steps. Calories. Sleep. Connect your fitness tracker and apps to your account. Make steady progress toward health improvements and earn points. For a full list, go to Devices + Apps on the profile page.

Don't have a fitness tracker? Use your points to get the Max Buzz™, a Virgin Pulse fitness tracker. It's in the Virgin Pulse store for 2,000 reward points or \$9 plus tax. Go to Profile then click Shop/Store.

### Connect your tracker:

- 1 Go to Devices + Apps on the Profile page.
- 2 Choose the device or app you'd like to connect.
- 3 Follow the on-screen instructions.

Track your calories with MyFitnessPal. On the My Health Rewards site or app, go to Devices + Apps on the Profile page to find MyFitnessPal and click on Connect.

## Choose the tools and programs that work for you

Get rewarded for using tools and Medica programs that can help improve your overall well-being. Go to the Benefits page to learn more about them.

**Eat Fit Go:** Get healthy, ready-to-eat meals delivered straight to your home or office. As a My Health Rewards member, you'll get special savings on your meal purchases.

**Foodsmart by Zipongo:** Healthy eating is simple and affordable with Foodsmart's nutrition and recipe tools.

**Journeys®:** Build healthy habits with daily, self-guided courses.

**Monj:** Up your cooking game and learn to make healthier meals.

**Ovia Pregnancy:** Get support throughout your pregnancy with weekly pregnancy updates, one-on-one coaching, timely articles, and health and wellness tips.

**Sanvello:** Get on-demand support for stress, anxiety, and depression. Check out the app's coaching tools, timely articles, and health and wellness tips.

**Sleep and nutrition guides:** Get personalized tips and tools to help improve your eating and sleep habits.

**Virtual care education:** Find easy ways to get care for common health conditions.



# Earn points, get rewards

You'll earn points by making small, everyday changes. Those points can add up to \$160 per year in rewards!

- 1 Go to the Rewards page
- 2 Click on *Learn How to Earn More Points*
- 3 See a list of all the ways you can earn

A monthly statement, also under the Rewards page, gives you a summary of the points you've earned. Your points add up throughout the year.

WAYS TO EARN	POINTS	PULSECASH REWARD AMOUNT	REWARD TYPE
EARN PROGRAM POINTS	2,000	\$10	E-gift card or other options
	10,000	\$20	E-gift card or other options
	25,000	\$50	E-gift card or other options
	40,000	\$80	E-gift card or other options
\$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"><li>• 7,000 steps a day and/or;</li><li>• 15 active minutes a day and/or;</li><li>• 15 workout minutes a day.</li></ul>	\$5 per month	E-gift card or other options
\$60 per year			
Point-based rewards + 20-day triple tracker rewards =		<b>\$220 in rewards potential per year</b>	E-gift card or other options



## Questions?

**Medica.Support@VirginPulse.com** or **1 (833) 450-4074**. Or use the Chat button if you're using a web browser.

*\*You must 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.*

Go to the mobile app or sign in to your account at **Medica.com/MHC** to get started.

My Health Rewards is not available with all Medica plans. Medica reserves the right to modify the program requirements and devices at any time. Participation in a wellness program is optional. Rewards are available to all eligible employees that participate. 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. Email **Medica.Support@VirginPulse.com** or call Virgin Pulse at **1 (833) 450-4074** 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.

# My Health Rewards by Medica®



## Eat healthier. Save time. Reach your goals.

My Health Rewards is an online tool that helps you take small steps to reach your health goals.\* Want to work on your eating habits? Our collection of resources can help. You'll get customized tips, recipes, tools, and healthy foods delivered directly to your door. It's everything you need to stay on track.

It's easy to get started too. Just sign in to your My Health Rewards account, go to the Benefits page, and choose the tool you want to use:



### Eat Fit Go

Get healthy, ready-to-eat meals delivered straight to your home or office with Eat Fit Go. Made with high-quality, allergy-friendly ingredients, the flavor-packed meals stay fresh for at least 10 days in a refrigerator. As a My Health Rewards member, you get special offers toward your purchases with Eat Fit Go:

- Take 10% off all your orders!\*\* Each time at checkout, use code: VPEATS
- Buy five meals and get five free! Simply add 10 or more meals to your cart and at checkout, use code: VP5for5, and five of them will be free!\*\*\*



### Foodsmart by Zipongo

Foodsmart makes healthy eating simple and affordable.

- Explore recipes that fit your preferences, time, and budget and add them to your favorites
- Build a digital grocery list from your favorite recipes
- Order groceries online, delivered to your door
- See how your eating habits stack up by taking the NutriQuiz



### Monj

Improve your eating habits with this online food and lifestyle program. Explore Monj's cooking lessons and essentials library to build your skills and know-how. Complete daily missions and learn in an interactive and enjoyable way.



## Nutrition Guide

Got a sweet tooth? Eat whatever's easy? Pick your nutrition profile and the habits you want to work on, and we'll serve up tips and meal ideas just for you. Plus, get rewards for tracking with MyFitnessPal. When you connect your MyFitnessPal account to My Health Rewards, you'll get an in-depth analysis of your daily calories. When you track what you eat, you're more likely to make healthier choices.

With My Health Rewards, we'll help you make small, everyday changes that focus on the areas you want to improve the most. If you haven't already, download the Virgin Pulse mobile app to access your My Health Rewards account on the go and keep track of your progress, activity, and more.

\*My Health Rewards is not available with all Medica plans. Medica reserves the right to modify the program requirements and devices at any time. Participation in a wellness program is optional. Rewards are available to all eligible employees that participate. 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. Email **Medica.Support@VirginPulse.com** or call Virgin Pulse at **(833) 450-4074** 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.

\*\*Orders for home shipping must be in quantities of five meals minimum, up to 20 meals per order.

\*\*\*One use per customer.

# Get Support



## 24-Hour Health Support

**Trusted answers any time of day or night.** Worried that your stomach bug could be serious? Wondering what to do about that cough that won't go away? The advisors and nurses at Medica CallLink® can help. They're available 24 hours a day, 365 days a year to answer your questions and help you make smart decisions about your health. Just call **1 (800) 962-9497** (TTY users, call **711**).



## Behavioral Health Support

**Manage stress, anxiety and depression symptoms.** Connect with on-demand help for stress, depression and anxiety through the Sanvello app. Access coping tools, daily mood tracking, guided journeys, and weekly progress check-ins to stay engaged and manage symptoms. You receive premium access as part of your plan's behavioral health benefits. Download the Sanvello app from the App Store or Google Play and select *Upgrade Through Your Insurance* to get started.

# Find Information



## Your Member Website

**Manage your plan online.** Your member website is your one-stop resource for information to help you manage your health plan benefits. Sign in at **Medica.com/SignIn** to

- Find out what your plan covers
- Search for health care providers and virtual care providers
- Manage your prescriptions
- Order ID cards
- Track your claims
- View your Explanation of Benefits (EOB)
- Learn about preventive care

Looking for more online pharmacy resources? Download the Express Scripts®\* app from the App Store or Google Play.



## Have a question?

Call Member Services at **1 (877) 347-0282** (TTY: **711**).

\* Express Scripts® administers Medica's pharmacy program.