

How to get started

If you registered with Virgin Pulse in a previous year, you don't need to register again. Simply log in at member.virginpulse.com or open the **Virgin Pulse app** to begin working on 2023 activities.

To register for the first time, use the instructions below. Note that the registration process for spouses and dependents is different than the process for City employees and retirees.

TIP:
Be sure to enter your name exactly as it appears on your **Medica ID card** when completing your registration.

FROM A DESKTOP OR LAPTOP
City Employees and Retirees:

1. Visit medica.com/cityofmpls.
2. Click on *Register for your account*.
3. Complete your registration.

Spouses and Dependents Age 18+:

1. Visit medica.com/myhealthrewards.
2. Click *Register for your account*.
3. Complete your registration.

Don't forget to bookmark the site for future visits!

FROM A SMARTPHONE OR TABLET
City Employees and Retirees:

1. Download the free **Virgin Pulse app** from the App Store or Google Play.
2. Click on *Create Account*.
3. Search for and select *City of Minneapolis*.
4. Complete your registration.

Spouses and Dependents Age 18+:

1. Download the **Virgin Pulse app**.
2. Click *Create Account*.
3. Search for and select *Medica My Health Rewards*.
4. Complete your registration.

Need help?

For registration assistance, call **833-450-4074**, email medica.support@virginpulse.com or use the **chat button** on the Virgin Pulse site.

You can earn **800 points** just for registering on the mobile app and linking your account to a personal activity device, such as an Apple Watch, Fitbit or Garmin.



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Medica complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

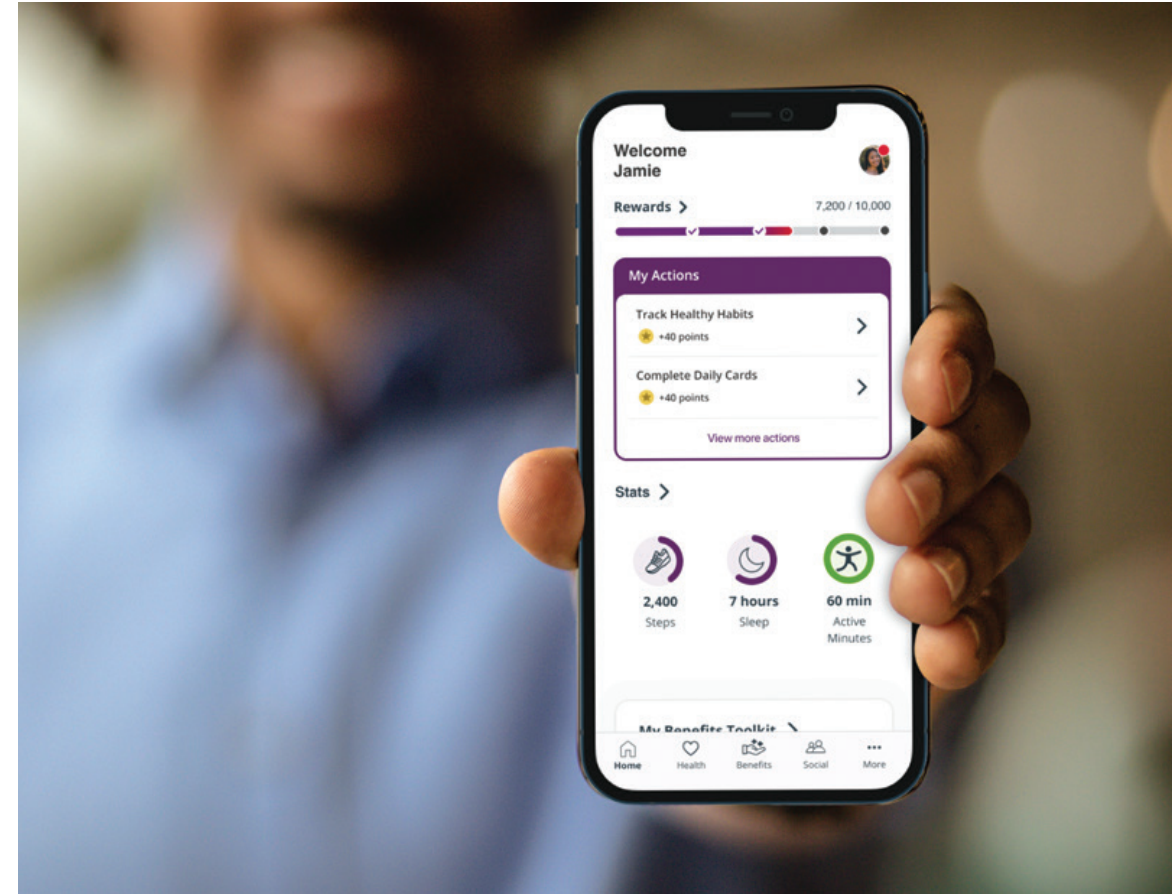
If you want free help translating this information, call the number included in this document or on the back of your Medica ID card.

Si desea asistencia gratuita para traducir esta información, llame al número que figura en este documento o en la parte posterior de su tarjeta de identificación de Medica.

Yog koj xav tau kev pab dawb kom txhais daim ntawv no, hu rau tus xov tooj nyob hauv daim ntawv no los yog nyob nraum qab ntawm koj daim npav Medica ID.

COMIFB-0119-J

Introducing Your 2023 Wellness Program



City of Minneapolis Employee Benefits Program



COM9646-1-00123



My Health Rewards by Medica®

Want to eat better, get fit, sleep more or stress less? All of the above? The My Health Rewards by Medica program can help you reach your health goals and earn valuable rewards – including a reduced premium on your 2024 health insurance coverage.

My Health Rewards is powered by **Virgin Pulse**, a pioneer in digital health and wellness solutions that are designed to help you build healthy habits and live your best life.

Improved for 2023

Your improved wellbeing experience is here. It's easier than ever to find what you need, all in one place. Get the same rewards and content you love, now with even more personalization. Some of what's new:

- Quickly navigate to your favorite activities and stats.
- Track your rewards with the progress bar.
- Check out My Actions for new suggestions based on your interests and activities.
- Watch or listen to new fitness, mindfulness and meditation videos in the Media tab.
- Find features, devices and support under the More tab.
- Click on your profile picture to see your notifications, check out upcoming events, visit your profile, and more.



of employees are saving \$552-\$600/ single or \$1,440-\$1,680/family on their 2023 health insurance premiums* because they earned 3,000 or more points in the 2022 wellness program.

*Exact savings depend on network selection.

Confidential and flexible to meet your needs

While there are many health actions to choose from, you are not required to participate in any of them, even if you are invited to do so. Information you share in the course of completing health actions is not provided to the City of Minneapolis and has no bearing on your Medica health coverage or benefits.

Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees; you might qualify to earn the same reward by different means. We will work with you (and, if you wish, your doctor) to find a wellness program with the same reward that is right for you in light of your health status. Use your City-issued computer to submit an inquiry on the CityLife Employee Hub or call the Benefits Office at 612-673-2282 and press option 2.

- 1. The total maximum for gift card rewards continues to be \$220.** That's because there's a bonus reward of \$5 per month for hitting any combination of the **20-Day Triple Tracker** goal options. Check the table at right for details about this health action.
- 2. As in years past, your covered dependents age 18 and older may complete health actions to earn rewards points.** They can redeem their points for gift cards, merchandise in the Virgin Pulse store or charitable contributions. However, only City of Minneapolis employees may earn the wellness premium rate.

2023 Health Actions Available for All Employees	Rewards
Biometric Health Screenings. Check your body mass index, blood glucose, cholesterol and blood pressure. You can go to a worksite screening event, have your doctor order your tests or use another approved provider. You'll find instructions in the Benefits tab on the Virgin Pulse website or app. Complete your screening by July 31 to allow processing time for points to be awarded by the August 31 deadline for the premium reward.	1,000 points for the tests plus 250 points for each normal result to a max of 2,000 per year
Daily Learning Cards. Visit Topics of Interest in the Profile section of the Virgin Pulse website or app to choose the areas you'd like to work on. Then, each time you check in to the site or app, you'll get tips and information on those topics.	20 points per card; two cards per day
Employee Assistance Program (EAP). Visit the Benefits tab to earn 250 points for learning about how the EAP can help you tackle tough personal, financial or legal concerns.	250 points
NEW! Foodsmart by Zipongo: Healthy eating is simple and affordable with Foodsmart's nutrition and recipe tools.	Point values vary
Journeys®. These self-guided courses will help you reach your health goals. You'll earn 15 points for each step within a Journey and 250 points for completing an entire Journey. You may complete a maximum of one Journey per quarter.	Point values vary
Health Assessment. This brief, confidential questionnaire takes a snapshot of your health and recommends actions you can take to improve your scores.	1,000 points
Health & Wellness Classes & Programs. Visit the Benefits tab to report the dates of up to four City-sponsored wellness classes and/or programs you attend. View the schedule at minneapolismn.gov/hr/benefits .	250 points
Healthy Habits. Choose an activity that interests you, then work on it – little by little, every day – while you earn points. Over time, small steps add up to big changes that can improve your health. Access Healthy Habits right from the Virgin Pulse homepage or screen.	10 points per habit to a max of 30 points per day
Hello Heart. If your blood pressure is 130/80 or higher, or you take a blood pressure medication, you can enroll in this program to receive a free wireless blood pressure monitor that connects to an app on your smartphone. Get instant feedback on what your numbers mean and how you're doing. You can also track your cholesterol and medications and receive tips on managing your heart health.	Point values vary
NEW! Media Library. Watch or listen to new fitness, mindfulness and meditation videos in the Media tab.	50 Points 4x/month max
Monj. Improve the way you eat through an online food and lifestyle program. Visit the Benefits tab to set up a Monj profile for 100 points. You'll earn 50 points per day for Monj classes and 200 points per month for Monj skills.	50 points per class and 200 points per skill
My Care Checklist. Visit the Health tab to review preventive care services that are recommended based on your sex and age. Earn points for being up-to-date on vaccinations, preventive dental exams, eye exams, physicals and cancer screenings.	250 points per recommended service
Next-Steps Consult®. Complete a 15-minute phone call with a health educator who will recommend health improvement opportunities for you.	500 points
Nutrition and Sleep Guides. Earn points while learning how to improve your eating and sleeping habits. Find both guides in the Benefits tab of the Virgin Pulse site or app.	Point values vary
Ovia Health Pregnancy App. Tap into personalized guidance and coaching to support a healthy pregnancy. Find it in the Benefits tab of the Virgin Pulse website or app.	Point values vary
Sanvello Mental Health App. This tool provides help for stress, depression and anxiety. Visit the Benefits tab for free access to the premium version of the Sanvello app and to attest that you're aware of this resource. Note: You'll need your Medica ID card to register.	250 points
Stats. Steps, calories, sleep – track all three! Track manually or sync your favorite app or fitness device to get credit for sleep and steps. To track calories, connect your Virgin Pulse account to the MyFitnessPal app – it's free in the App Store or Google Play.	Point values vary

Journeys® is a registered trademark owned by Virgin Pulse.

2023 Health Actions Available for All Employees	Rewards
20-Day Triple Tracker. Connect a fitness tracker to earn a \$5 bonus for reaching one or more of the following goals on 20 or more days in a calendar month: 7,000 steps, 15 active minutes, or 15 workout minutes.	Up to \$60 per year
Virtual Care. Visit the Benefits tab to pledge that you understand your virtual care options.	250 points
Volunteer. Visit the Benefits tab to report any date on which you volunteered in the community between September 1, 2022, and August 31, 2023.	250 points
Rewards	2023 Health Actions Available for Selected Employees
2,000 points per completed program to a max of 2,000 points per year	Selected employees may receive an invitation to participate in one of Medica's Health and Care Support Programs . These programs are not available to everyone. If you are invited, Medica will contact you. There is no cost to participate or requirement to do so. For more information, call 1-866-905-7430 .

A little extra motivation! Same reward values for 2023



Reach 3,000 points by **August 31, 2023**, to qualify for the **wellness premium contribution rate** on your 2024 City of Minneapolis Medical Plan.

Meet the 20-Day Triple Tracker activity threshold to earn a **\$5 bonus** reward each month

40,000 points earns a **\$80** gift card

25,000 points earns a **\$50** gift card

10,000 points earns a **\$20** gift card

3,000 points earns the **wellness premium**

2,000 points earns a **\$10** gift card

CONTINUING! Up to \$220 in gift cards! *

You can also use your reward points to shop in the Virgin Pulse store or make a donation to a cause you support.

* The value of gift cards you earn is subject to income tax withholding on your paycheck.

For reasonable accommodations or alternative formats please contact the Benefits Office at 612-673-2282 and press option 2. People who are deaf or hard of hearing can use a relay service to call 311 at 612-673-3000. TTY users can call 612-673-2157 or 612-673-2626. Para asistencia 612-673-2700, Yog xav tau kev pab, hu 612-673-2800, Hadii aad Caawimaad u baahantahay 612-673-3500.

For more information, visit minneapolismn.gov/hr/benefits.

