

My Health Rewards by Medica®

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.

Complete any combination of health actions below to earn at least 3,000 program points by **August 31, 2024**, and you'll be rewarded with the preferred wellness premium rate on your 2025 health care coverage. You can also redeem your rewards to get e-gift cards, shop in the Virgin Pulse store, or make a charitable contribution to a cause you support.

See the back of this handout for details on how to get started. Or visit minneapolismn.gov/hr.



2024 Health Actions Available for All Employees	Rewards
NEW! Benefits Information. Attest that you've visited these websites with helpful details on your benefits: express-scripts.com , liveandworkwell.com , your Medica member website at medica.com/signin , and the provider search tool in your Medica member website.	250 points per site
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. Complete your screening by July 31 to allow processing time for points to be awarded by the August 31 deadline for the wellness premium reward.	1,000 points for the tests plus 250 points for each normal result
Daily Learning Cards. Visit Topics of Interest in the Profile section in the Virgin Pulse website or app to choose the areas you'd like to work on. Then, each time you check in, you'll get tips and information on those topics.	20 points per card; two cards per day
Employee Assistance Program (EAP). Learn how the EAP can help you with personal, financial or legal concerns.	250 points
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. Earn 15 points for each step 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 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 per class
Healthy Habits. Choose an activity that interests you, then work on it while you earn points. Access Healthy Habits 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 and gives you instant feedback.	Point values vary
Media Library. Watch fitness, mindfulness and meditation videos in the Media tab.	50 points, 4x/month max
Monj. Earn points for improving the way you eat through an online food and lifestyle program.	Point values vary
My Care Checklist. Visit the Health tab to earn points for being up-to-date on recommended vaccinations, dental exams, eye exams, checkups and cancer screenings. NEW! Earn a \$5 once-per-year bonus reward for getting a health checkup.	250 points per service
Next-Steps Consult®. Complete a 15-minute 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.	Point values vary
Ovia Health Pregnancy App. Tap into personalized guidance and coaching to support a healthy pregnancy.	Point values vary
NEW! PSB Fitness Center. Badge into the Public Service Building Fitness Center and take a class or use the fitness equipment. Afterward, email your employee ID number and the date of your visit to jordan.buddenhagen@minneapolismn.gov to collect your reward points.	500 points
NEW! Self Care by AbleTo. Find self-care techniques, meditations and other emotional well-being resources in the AbleTo app. You can also schedule an online session with a licensed therapist. Visit AbleTo.com/begin to learn more and get started.	250 points
Stats. 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
20-Day Triple Tracker. Connect a fitness tracker to earn a reward 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. NEW! The reward has been increased to \$25 per month for employees and remains at \$5 per month for dependents.	Up to \$300 per year
Virtual Care. Visit the Virgin Pulse site or app to pledge that you understand your virtual care options.	250 points
Volunteer. Report a date on which you volunteered in the community between September 1, 2023, and August 31, 2024.	250 points

All of these programs are voluntary and confidential. Information you share in the course of completing your health actions is not provided to the City of Minneapolis and has no bearing on your Medica health coverage or benefits. Journeys® is a registered trademark owned by Virgin Pulse.

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 2024 activities.

To register for the first time, use the instructions below:

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 free **Virgin Pulse app** from the App Store or Google Play.
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.

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

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.



2024 rewards

Employees can earn up to **\$465** in rewards!*

Rewards may be redeemed as e-gift cards, used to shop in the Virgin Pulse store or donated to a charitable cause.



Reach 3,000 points by August 31, 2024, to qualify for the wellness premium contribution rate on your 2025 City of Minneapolis Medical Plan.

Get a health checkup to earn a **\$5 bonus reward**

Meet the 20 Day Triple Tracker activity threshold to earn a **\$25 reward** each month

40,000 points earns an **\$80 reward**

25,000 points earns a **\$50 reward**

10,000 points earns a **\$20 reward**

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

2,000 points earns a **\$10 reward**

**Income tax on the cash value of e-gift cards will be withheld from your paycheck.*

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 to the CityLife Employee Hub or call the Benefits Office at 612-673-2282 and press option 2.

