



Medica Health Rewards - Invest

Intro Video

- ▶ https://players.brightcove.net/6228002100001/z792a4off_default/index.html?videoId=6315679692112

Wellness Goals

With My Health Rewards Invest, you'll get rewarded when you meet wellness goals for sleep, Healthy Habits, and activity. Each month, you can earn up to \$75, deposited quarterly into your health savings account (HSA).*

| WELLNESS GOAL | DETAILS | MONTHLY REWARD |
|----------------|--|----------------|
| Sleep | Sleep more than 7 hours a night for 20 days in a calendar month. | \$25 |
| Healthy Habits | Track the Healthy Habit most important to you for 20 days in a calendar month. | \$25 |
| Activity | Take 10,000 steps a day for 20 days in a calendar month. | \$25 |

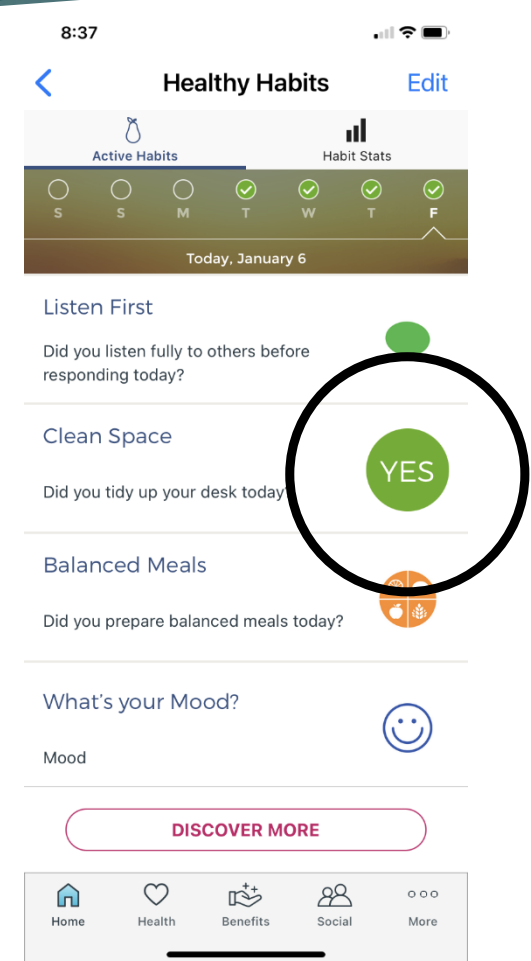
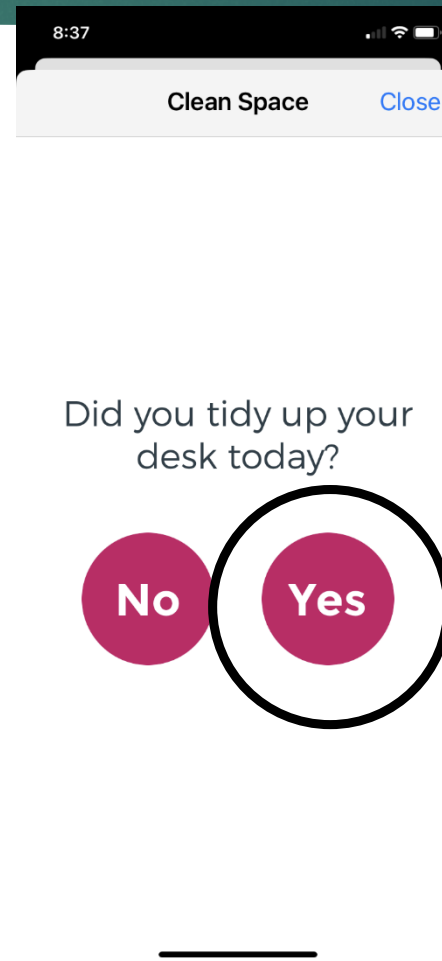
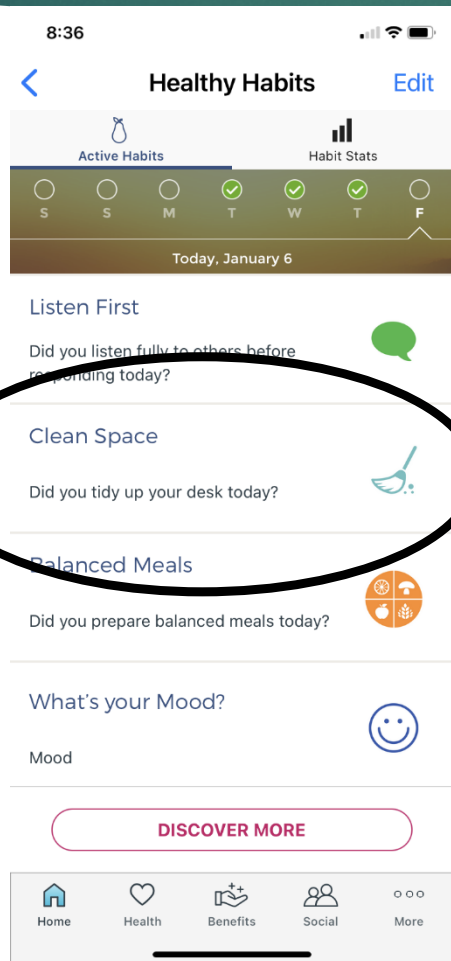
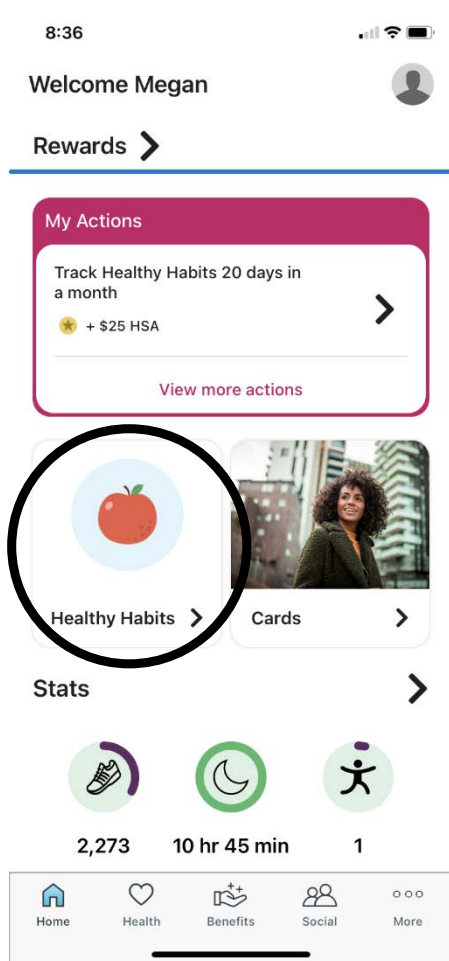
Sign in to your My Health Rewards Invest account on the Virgin Pulse mobile app to get started. Don't have an account yet? Go to [Medica.com/Invest](https://www.Medica.com/Invest) to register.

Up to \$75 per month (up to \$900 per year)

Sleep Goal - Track validated sleep > 7 hours 20 days in the month

- ▶ You can track your sleep using Max Buzz, Apple Health, Fitbit, Garmin, Google Fit, iHealth, or Withings
- ▶ Wear your max buzz when you sleep
- ▶ In order to track your sleep using Apple watch/Apple health you must have a sleep schedule set up.

Healthy Habits Goal - Track healthy habits 20 days in a month



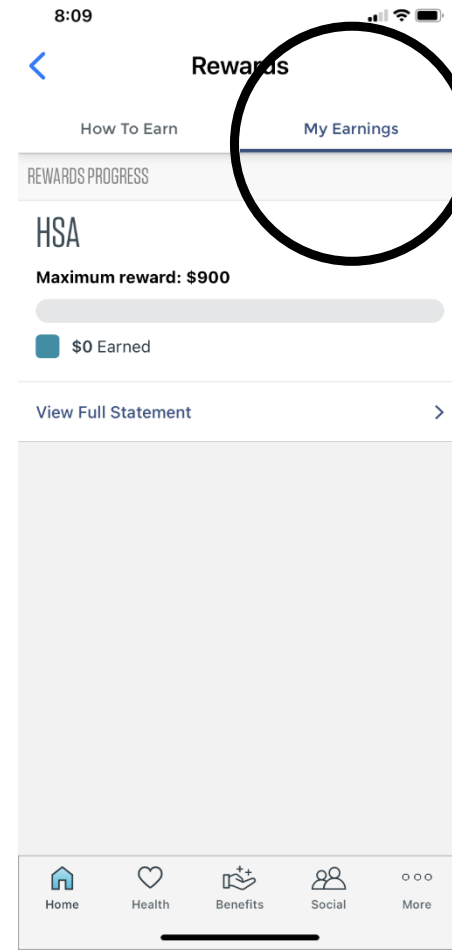
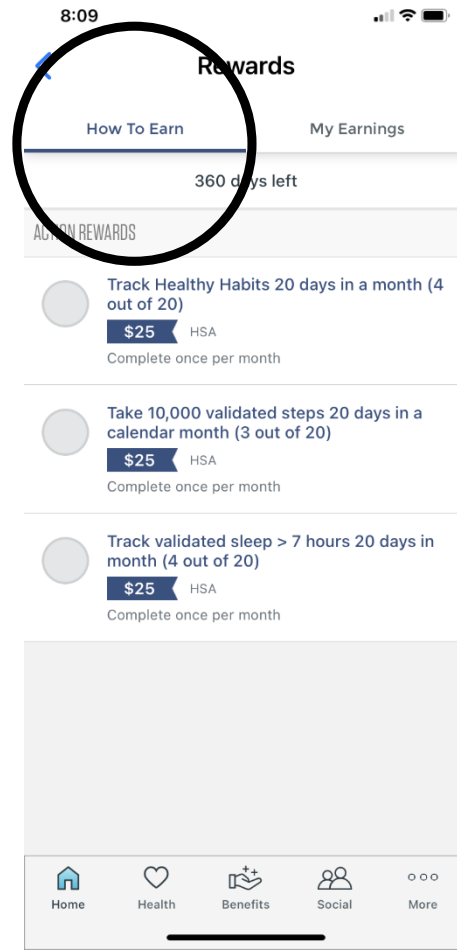
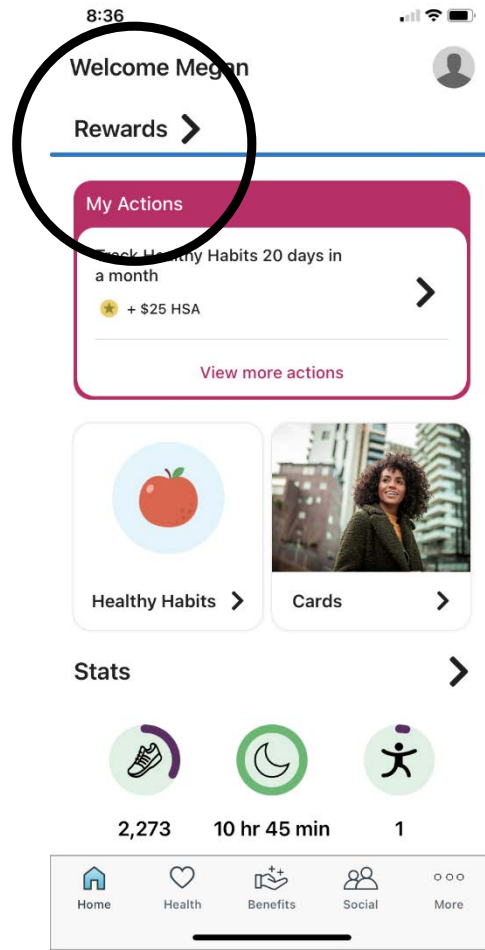
Activity Goal – Take 10,000 validated steps 20 days in a calendar month

- ▶ You must use a tracking device to track your steps.
- ▶ Even though there is an option to enter steps manually, these steps will not count towards your validated steps.

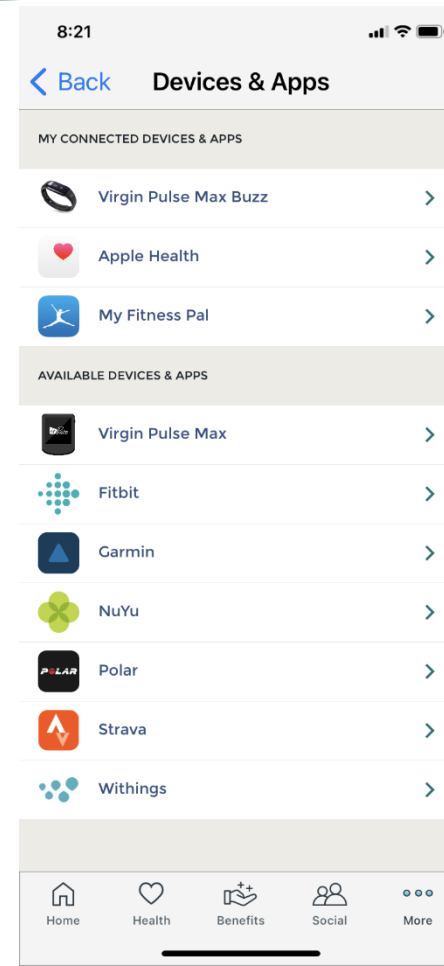
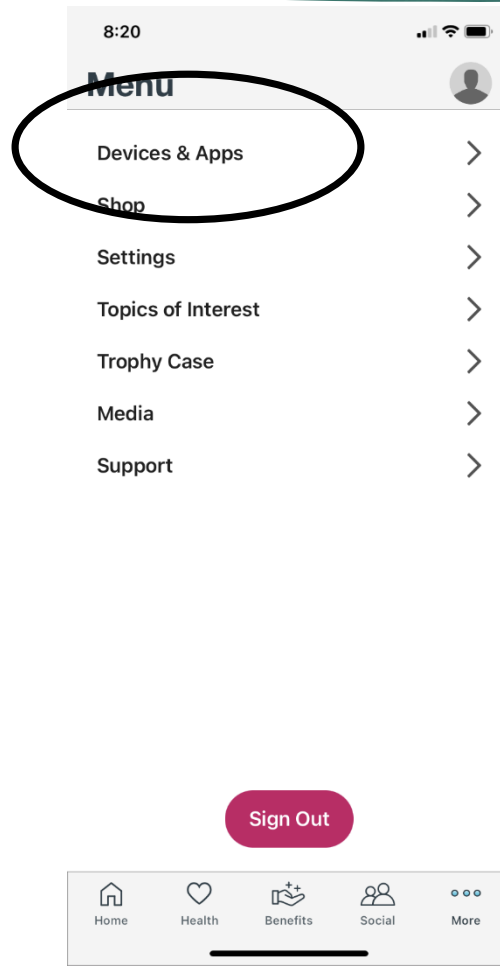
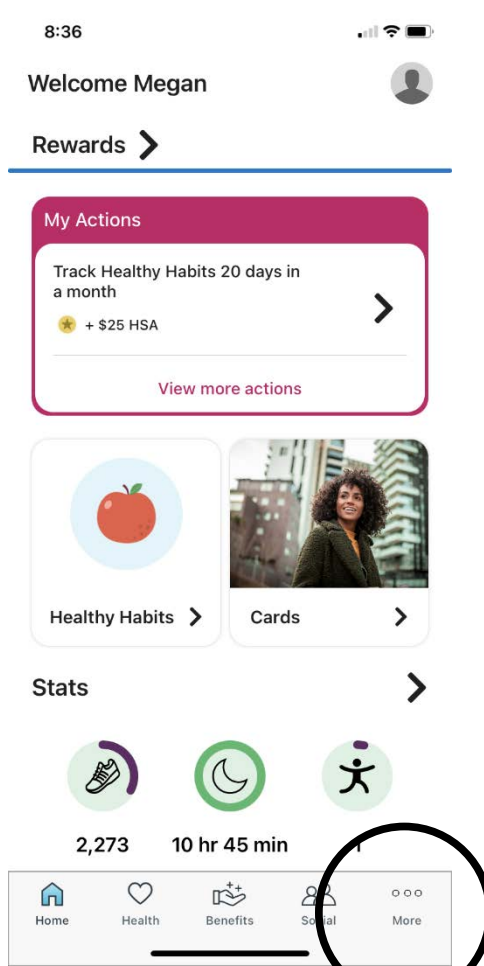
Syncing your data

- ▶ Medica recommends you sync at least weekly! But you can go 14 days between syncs.
- ▶ Open the app to sync your tracker to your My Health Rewards Invest account at least weekly to get credit toward your wellness goals.
- ▶ Your sleep and steps should appear on the “Stats” page.
- ▶ Remember, you must sync all activity by the last day of the calendar month.
- ▶ If you go in daily to track your healthy habit you shouldn't have any issues with syncing.

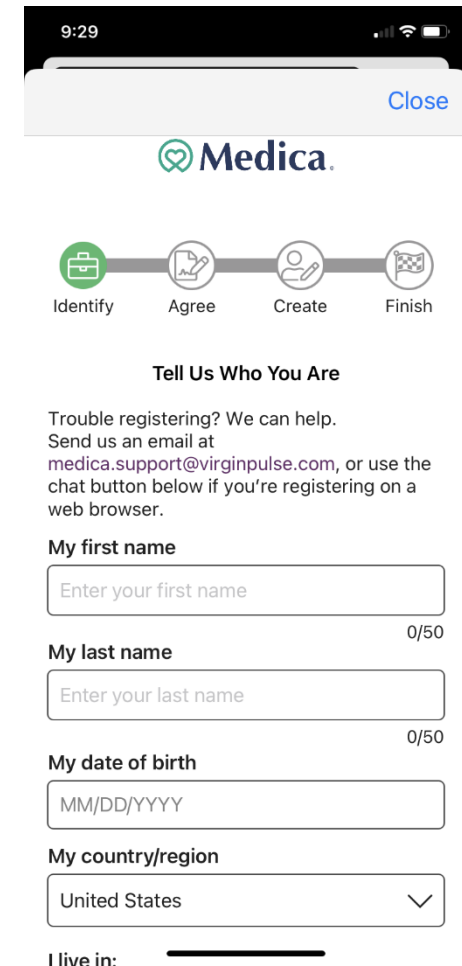
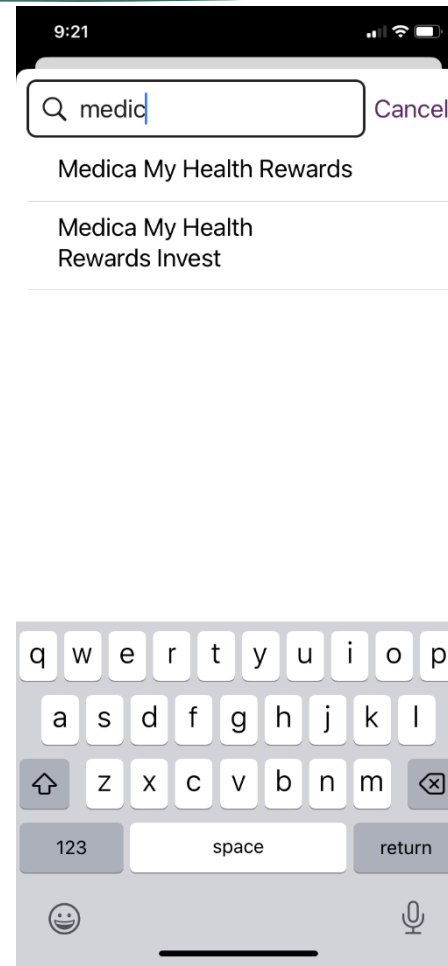
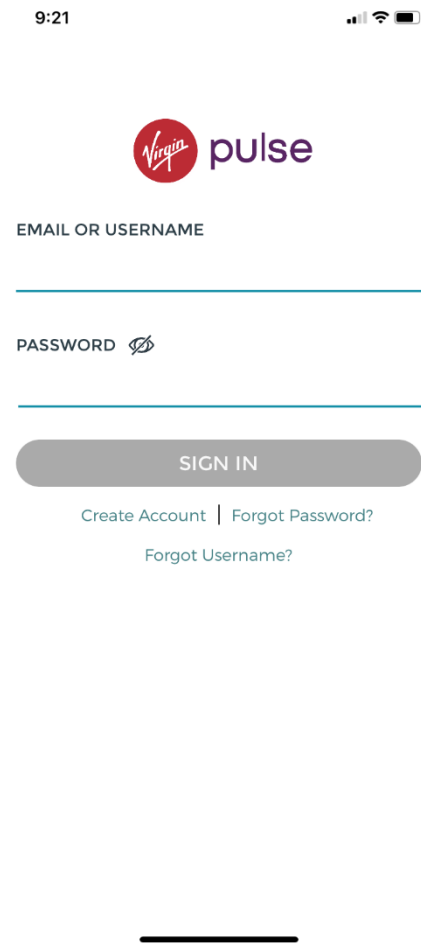
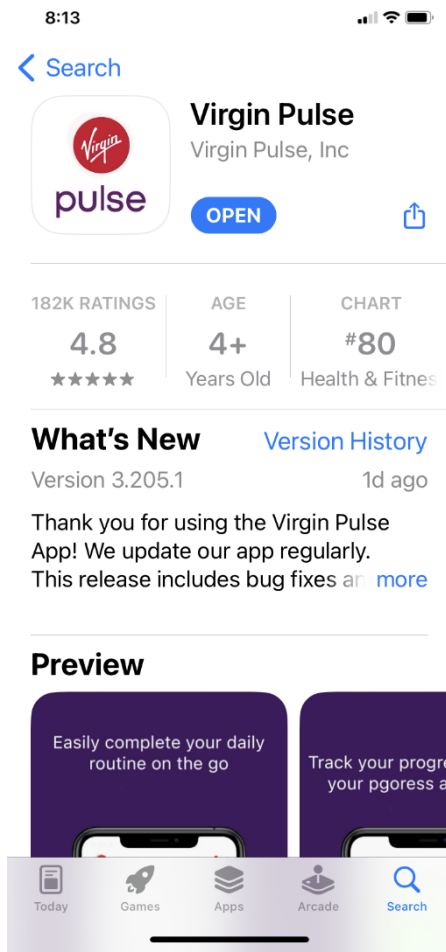
Track your Progress



Connecting your Devices



Registration - You can register on the app or go to www.medica.com/invest



Other Notes

- ▶ Money earned will be deposited once a quarter (about 6 weeks after the quarter ends)
- ▶ If you do not have a tracking device, contact HR to get your free Max Buzz.
- ▶ Each of the 3 goals (steps, sleep, healthy habits) stand alone. You do not need to do all 3.
- ▶ If you have used Medica rewards in the past, you need to use a different email address for your invest account. You can Contact Virgin Pulse member services at 1 (833) 450-4074 if you need assistance with registration or if you do not have another email address available.

Other Notes

- ▶ Only subscribers with an HSA can earn the My Health Rewards Invest rewards. Your spouse and dependents (age 18 and older) are eligible for the standard My Health Rewards program and can go to Medica.com/MyHealthRewards for more information.
- ▶ 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.

HSA Notes

- ▶ HSA contribution limits for 2023 are \$3850 (single) and \$7750 (family)
- ▶ Money earned through this program counts towards your overall limit
 - ▶ For example, if you earn \$375 from the Medica invest program, your maximum out of pocket contribution is \$3475 (single)
- ▶ HR will be monitoring HSA contributions to ensure you don't exceed the limit
- ▶ You need to have a HSA account open in order to receive any earned funds. Contact Kathy Feist to get this set up.
 - ▶ kfeist@valleyseniorliving.org
 - ▶ 701-787-7956

Questions?

- ▶ Megan Anderson
 - ▶ manderson@valleyseniorliving.org
 - ▶ 701-787-7970
- ▶ Adam Edwards
 - ▶ aedwards@valleyseniorliving.org
 - ▶ 701-787-7941
- ▶ Medica Support
 - ▶ Medica.Support@virginpulse.com
 - ▶ 1 (833) 450-4074