

What's new in the My Health Rewards by Medica program for 2016?



You can earn points for the results of your health and wellness efforts. When you complete the biometric screening health action, you'll receive 25 bonus points for each screening test result that is within the recommended range. For example, if your blood pressure is 120/80 or lower, you get an extra 25 points.



You can earn more points by attending Health & Wellness Classes. You'll receive 25 points per class up to a maximum of 50 points this year.



You'll have more Journeys to choose from. New Journeys will be added to the My Health Rewards website throughout the year.



You'll find that Track is easier to use. The daily wellness meter and Track dashboard are now displayed on the My Health Rewards homepage. The sync button is displayed more prominently for those who track from apps and devices. You can also track more than one activity at a time this year.



You'll earn rewards faster. New this year, you'll receive a \$20 gift card when you reach 300 points. The gift card rewards no longer skip the 300-point level.

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Minneapolis
City of Lakes


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Human Resources Department
250 South 4th Street – Room 100
Minneapolis, MN 55415

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**Details
Inside!**

Welcome to the 2016 Wellness Program

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My Health Rewards by Medica®

Make a smart move for better health and qualify for the preferred wellness premium rate on your 2017 health care coverage. Earn 300 or more program points by completing a combination of health actions for which you are eligible by August 31, 2016. For more details on specific program requirements, visit minneapolismn.gov/hr/benefits.

Getting started

Visit mymedica.com and click on the Health & Wellness tab to enter the My Health Rewards website. If you've never visited mymedica.com before or have a new health insurance group number this year, you'll need to register as a new user.

The first time you log in to the My Health Rewards site with a new user name, you will be prompted to review and agree to the terms of use, privacy policy and honor code. This would also be a good time to update your profile with the email address where you'd like to receive gift card reward notifications. Once finished, you can get right to work on available health actions.

It's a good idea to complete the **Compass** health assessment first. It generates recommendations for Journeys based on your answers and has a 100-point value to earn you a \$20 gift card.

Important: If you log in to the My Health Rewards site under the same user name as last year, you may find that your 2015 Compass answers still appear. To earn points for Compass in 2016, you must click the re-take button and complete the assessment.

Complete health actions to earn 300 or more points

Take some time now to review the available health actions and think about what you'd like to do to earn 300 or more points by August 31, 2016. **HealthMap** is a tool for planning your path to program rewards and better health. Keep in mind that some of the health actions will require a period of time to complete. For example, a **Journey** will usually take 4-6 weeks to complete and activities cannot be recorded in **Track** more than 30 days after they are finished.

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.

Paper-based alternatives for selected health actions are available for those without computer access. Call Medica at 952-945-8000 for assistance.

76%

of employees are saving about \$400/single or \$1,200/family on their 2016 health insurance premiums because they completed the wellness program in 2015.

Eligible	2016 Health Actions	Points
All employees	Compass™. With about 35 questions, the Compass health assessment takes less than 20 minutes to complete. Journeys are recommended based on your Compass answers. When you return to Compass later in the plan year and update it with new information, new Journeys will be recommended for you.	100 points to a maximum of 100 points per year
	Journeys®. Explore an interactive topic that will change your health habits with easy, achievable steps. Each Journey has several stages. You decide how you'd like to move through each one, scoring experience points (XPs) as you go. Hit the XP target to unlock the next stage. When you get a message that you've earned a badge, your Journey is complete and you'll receive 50 rewards points. Expect a Journey to last 4-6 weeks, depending on your unique path. Journeys integrate with social media sites so you can share your progress with others, if desired.	50 points per Journey to a maximum of 300 rewards points per year
	Track™. Log what you do each day in categories like exercise, healthy eating and life balance. When you move your daily wellness meter to 300, you'll earn a point for that day. You can manually enter your activities into Track from your My Health Rewards website or automatically sync from a variety of mobile apps and personal devices such as Fitbit. You can enter data retroactively, but you can't go back more than 30 days.	1 point per day to a maximum of 200 rewards points per year
	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 on the Rewards page or in the drop-down menu near your name in the upper right corner of your personal My Health Rewards website.	100 points for the screening tests plus 25 bonus points for each normal test result to a maximum of 200 points per year
	Preventive Cancer Screenings. Report that you are up-to-date during this plan year for breast, cervical and colorectal cancer screening exams that are appropriate for your gender and age. Visit the Rewards page or the Featured tile on the HealthMap page of your personal My Health Rewards website to view the screenings for which you are eligible to receive points and to enter the dates of your most recent screening exams.	25 points per eligible screening per year
	Health & Wellness Class. Report that you attended up to two worksite health and wellness classes by August 31, 2016. Visit the Rewards page or the Featured tile on the HealthMap page of your personal My Health Rewards website to report your attendance. You'll find a schedule of eligible classes at minneapolismn.gov/hr/benefits .	25 points per class to a maximum of 50 points per year
	Flu Vaccination. Report that you were vaccinated for the current flu season (September 2015 – May 2016). Visit the Rewards page or the Featured tile on the HealthMap page of your personal My Health Rewards website to enter the date of your most recent flu vaccination.	25 points to a maximum of 25 points per year

RedBrick Journeys® is a registered mark owned by RedBrick Health Corporation. RedBrick Compass™ and RedBrick Track™ are trademarks owned by RedBrick Health Corporation.

Eligible	2016 Health Actions	Points
Only employees with specific conditions who are invited by Medica Check your My Health Rewards website to see if you are eligible	Sorting It Out. Partner with a Medica health coach to sort through treatment options for your back, knee or hip.	200 points per completed program to a maximum of 200 rewards points per year
	A Care Team For You. Partner with a registered nurse and a health coach at Medica to discuss your unique situation and address your health-related questions. Together, you can create a plan, set goals and work at your own pace to achieve positive results.	
	Support When You're Expecting. Partner with a registered nurse at Medica to receive additional tools and resources to manage your pregnancy every step of the way.	
	When Things Get Complicated. Partner with a registered nurse at Medica to gain a better understanding of your condition, discuss treatment options and learn about available resources.	

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rewards

Start earning rewards today!

- Better health**
Feel better, look better, *be* better. Do it for you!
- Wellness premium rate**
Qualify for the wellness premium contribution rate on your 2017 City of Minneapolis Medical Plan when you complete 300 points by August 31, 2016.
- Gift cards**
Receive gift cards totaling \$100 when you earn 500 points on or before December 31, 2016. Gift cards are awarded in \$20 increments on a new schedule this year – at 100, 200, 300, 400 and 500 points.

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. Contact Human Resources at 612-673-3333 or benefits@minneapolismn.gov and 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.

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

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