

MY HEALTH REWARDS BY MEDICA®



COMPATIBLE DEVICES & APPS

Whether you want to eat healthier, sleep more, stress less or get fit, My Health Rewards helps you take small steps to reach your health goals.* Steps. Sleep. Calories. Track one or all of these to make steady progress toward health improvements and earn rewards.

The My Health Rewards program is compatible with many fitness tracking devices and mobile apps. Connect a fitness tracker to track your activity, sleep, steps and more. You can sync with a variety of devices and apps including:



The Fitbit tracking devices show you real-time activity stats. See your Fitbit steps and sleep data in your My Health Rewards account by pairing your accounts.



The Misfit family includes waterproof, wireless activity trackers. Connect your Misfit account to sync your steps, sleep, your distance traveled and your calories burned.



Garmin tracking devices encourage you to get up and get moving. Connect your Garmin to your account and sync your steps and sleep.

For a full list of devices, go to *Devices & Apps* on the Profile page.



With Apple Health, you can track your favorite health stats like steps, sleep and active minutes from your Apple Watch or iPhone. Your Apple Health data then syncs directly with your My Health Rewards account.



Max Buzz™ is a Virgin Pulse fitness tracker that can be used to track your daily activity including steps and sleep.



Track your calories with MyFitnessPal, a free website and app available in the App Store or Google Play. Sign up and connect to track your calorie data in your My Health Rewards account.

Connect a fitness tracker:

1. Go to *Devices & Apps* on the Profile page.
2. Choose a device or app and click Connect.
3. Sign in to your account or get connected automatically (depending on the app).

With My Health Rewards, we'll help you make small, everyday changes to your well-being that are focused 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.



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*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.

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