



## Comments from members engaged in MCHA’s Campaign for Healthy Living

We’ve received plenty of positive feedback from MCHA members that have participated in the campaign using My Health Manager from Medica<sup>SM</sup>. Please take a few moments to see what they had to say.

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### Keeping you “in the know”...

*I am a leader of a weight loss organization. I love this program and find many interesting items to share with others in the organization!*

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### Making more healthy choices...

*I just want to say thanks for offering your clients such a wonderful program! I’ve been involved with My Health Manger from Medica for at least a year now and I have learned much. It’s been a positive learning experience. I’m making more healthy choices now and the benefits are obvious in how I feel and how I take care of myself. The wellness credits and certificates are great and a big rein forcer for me! Thanks for all your work and expense in making this program available. For me, it’s paid off well!*

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### Staying healthy...

*I have very much enjoyed your informative health program! I have learned several ways to try to stay healthier and because I go to the site weekly, I am always reminded to try harder. Thank you for offering the program to me.*

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### Keeping on track...

*This is a great program. A way to stay on track!*

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### Earning the incentive rewards...

*I am actively taking part in this program. I earned credits last year for rewards and I am working toward the rewards again this year! It is an effective program and I am learning a lot about diet, and healthy living. Thanks for this opportunity!*

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### Motivated to keep coming back...

*I have enjoyed being involved with the health challenges. This is my 2nd year!*