

MCHA 2010 Campaign for Healthy Living – Rules and Rewards

January 1 is our 2010 Campaign for Healthy Living kick off, where you can earn rewards for participating in wellness activities. If you earn the full 125 wellness credits (during the months of January – December), you will receive an additional \$100 in cash from MCHA and you will be eligible for additional prize drawings.

How it works:

- Sign on to the Web site *My Health Manager from MedicaSM*.
- Take your health assessment to learn what you can do to make the most of your health.
- Select activities from the list at the bottom of the page. These wellness activities encourage healthy behavior changes that help you achieve maximum health benefits.
- As you enroll and actively participate in the various activities during calendar year 2010, you are eligible to earn wellness credits and redeem them for gift cards. You are eligible to redeem a maximum of \$125 in gift cards (you must have a minimum of 25 wellness credits to earn your first gift card).

Bonus rewards:

- Once you have accumulated 125 wellness credits during calendar year 2010, MCHA will send you (in January 2011) an additional \$100 to use however you choose!
- You then become eligible to have your name in a drawing to win a \$350 cash card. 25 MCHA members will receive a \$350 cash card!
- There's more. You become eligible to have your name in a drawing to win one of two prizes for a \$1,000 cash card, or a \$1,000 credit toward your MCHA premium payment!

The rules:

- You must earn a minimum of 125 wellness credits during 2010 to be eligible for the bonus rewards.
- You must be enrolled in MCHA through December 31, 2010.

| Activities | Wellness Credits | Annual Maximum |
|---|------------------|----------------|
| Online Health Assessment (one per calendar year) What's your wellness score? Take the confidential health assessment and find out! Receive a personalized report on your current health status and recommendations for improvement. Review your results with a Health & Wellness Coach. | 30 | \$30 |
| Healthy Living Program (one per calendar year) Take action! Complete a 6-week program of your choice. Programs include weekly goals to keep you on track. Credits are awarded upon completion of a Healthy Living Program. | 30 | \$30 |
| Conversations – New this year! (up to two per calendar year) Complete "Conversations" within an interactive tool providing direction and information regarding a health topic you are interested in. This program will "speak" directly to you and responds with answers personalized to your online input. | 15 | \$30 |
| Health Challenges (up to two per calendar year) Engage in healthy lifestyle behavior challenges and track your progress. Challenges include the Shape Up Challenge – April 5 to May 15 and the Get Moving Challenge – September 13 to October 23. Keep track of these dates. | 15 | \$30 |
| Interest/Satisfaction Survey (one per calendar year) Your opinion counts! Complete the quarterly survey and share your thoughts and experiences. | 5 | \$5 |
| Annual Total | | \$125 |

Frequently Asked Questions - My Health Manager from MedicaSM

Here are the most frequently asked questions regarding the My Health Manager Wellness Credits program.

How do I find My Health Manager?

Getting started on My Health Manager from Medica is fast and easy!

1. Log on to www.medica.com/myhealthmanager. Bookmark it today!
2. In the **First Time Here** area, enter your MCHA ID number and choose **Medica** as your Health Plan.
Tip: You can find your MCHA ID number on your MCHA ID card.
3. Choose a user name and password.
4. Answer a few quick questions to set up your user profile.
5. You're registered. Start exploring the site!

Who can I contact if I have a problem logging on to the site?

If you need assistance logging on to the My Health Manager from Medica Web site, send an e-mail to AskMedica@medica.com or call MCHA Customer Service at the phone number listed on the back of your MCHA ID card.

How do I log my Wellness Credits?

1. On the left navigation, click on **Get Rewarded**.
2. To log your wellness credits, click on the **green arrow** and follow the directions.
3. For a full list of wellness credit activities, click on the graphic titled **Earn \$125 in gift cards** on the home page.

How much can I earn in gift cards per calendar year?

You can earn up to \$125 in gift cards each year by completing wellness activities in various categories. To encourage you to take the first step toward a healthier lifestyle, we've increased the reward for completing a health assessment from 25 wellness credits to 30. That means you can earn a \$30 gift card for completing the health assessment once per year.

How do I redeem my wellness credits for gift cards?

Redeem wellness credits immediately. **My Health Manager from Medica** will link you directly to a Web site where you can redeem your wellness credits. Gift cards will be shipped to you within one business day of redemption. You can receive e-mail confirmation and status reports about your gift card.

Where can I choose gift cards to?

You can select a gift card from over 350 choices for shopping, restaurants and hotels. Several of the options have multiple locations nationally. **Please be sure to check available locations when redeeming your gift card.**

How do I change the e-mail address I use for My Health Manager?

To change the e-mail address in your **My Health Manager** profile, complete the following:

1. In the upper right hand corner, click on **Edit Profile**.
2. Click on **update my information**.
3. Enter your new e-mail address.
4. Click on the **submit** button at the bottom of the page.