



What is this program?

The *Campaign for Healthy Living* helps MCHA members (18 years and older) improve their health while receiving valuable rewards. It combines the convenience of a self-guided website and the personal touch of telephone-based coaching program.

What is the *mymedica Health and Wellness Center*?

The heart of the *Campaign for Healthy Living* is a web-based program, *mymedica Health and Wellness Center*. (Note: If you don't have a computer, use one at a library or ask a friend.) This program begins with a questionnaire (about 30 questions) to determine your health needs and your readiness to take action. It then creates a plan to help you do things like manage a chronic condition, lose weight, get in shape, and more.

How does it work with *Health and Wellness Coaching*?

In addition to the online tool, the program includes access to Medica's *Health and Wellness Coaching Program* to guide and support you. You can communicate with a coach by phone or online to receive tips and encouragement as you work towards your goals. The program can help you manage a health condition, assist you with eating better or meet your New Year's resolution by exercising more. Give a coach a call at **1-888-906-0957** to get started.

What are the rewards for participating?

For participating in MCHA's *Campaign for Healthy Living*, you can receive **gift cards totaling up to \$135** that you can use at hundreds of merchants. These rewards include:

- \$20 for completing the initial health questionnaire
- \$40 for finishing eight customized "health topics" and setting a goal for each
- \$75 for participating in health and wellness coaching

How do I access the *Health and Wellness Center*?

1. Log on to mymedica.com. (Bookmark it today!)
 - If you're a new member, click on "Register Now." You can find your Member ID and Group/Policy number on your MCHA ID card
 - Choose a user name and password
 - Answer a few quick questions to set up your user profile and you'll be registered
2. Click on the "Health and Wellness" tab at the top of the page
3. Start by completing the health questionnaire

Who can I contact if I have a problem logging on?

If you need help logging on to mymedica.com, send an e-mail to AskMedica@medica.com, or call MCHA Customer Service at the number on the back of your MCHA ID card.

That's it! It's easy!