

# Wellness Programs

Your Minnesota Healthcare Consortium health plan includes resources to help you and your employees stay healthy and get support – at no extra cost to employees.

PROGRAM	RESOURCES
<b>Fit Choices<sup>SM</sup> by Medica</b>	<b>Motivation to hit the gym.</b> Earn up to \$20 per month by working out 8 times a month at a participating fitness club. Learn more at <a href="https://www.Medica.com/FitChoices">Medica.com/FitChoices</a> .
<b>Healthy Savings</b>	<b>Eating healthier just got easier.</b> Save up to \$50 a week on groceries and healthy products at participating stores. Visit <a href="https://www.Medica.com/HealthySavings">Medica.com/HealthySavings</a> or download the Healthy Savings app in the App Store or on Google Play.
<b>Medica CallLink<sup>®</sup></b>	<b>Trusted answers any time of day or night.</b> Get 24-hour health support from advisors and nurses. Call <b>1 (800) 962-9497</b> (TTY users, call <b>711</b> ).
<b>My Health Rewards by Medica<sup>®</sup></b>	<p><b>Get inspired to make positive changes.</b> Earn up to \$220 in rewards per year as you complete activities personalized just for you.</p> <p><i>Employees:</i></p> <ul style="list-style-type: none"> <li>• Download the free Virgin Pulse app from the App Store or Google Play.</li> <li>• Open the app, click on <i>Create Account</i>, and search for Medica on the sponsor organization list. Then choose <i>Minnesota Healthcare Consortium</i>.</li> <li>• Or go to <a href="https://www.Medica.com/MHC">Medica.com/MHC</a> to create your account online.</li> </ul> <p><i>Spouses and dependents ages 18+:</i></p> <ul style="list-style-type: none"> <li>• Download the free Virgin Pulse app from the App Store or Google Play.</li> <li>• Open the app, click on <i>Create Account</i>, and search for Medica on the sponsor organization list. Then choose <i>Medica My Health Rewards</i>.</li> <li>• Or go to <a href="https://www.Medica.com/MyHealthRewards">Medica.com/MyHealthRewards</a> to set up your account online.</li> </ul>
<b>Omada for Diabetes</b>	<b>Coaching and empowerment to reach your goals.</b> Get personalized support and coaching to help improve your blood glucose control. Learn more at <a href="https://www.OmadaHealth.com/MHC">OmadaHealth.com/MHC</a> .
<b>Omada for Prevention</b>	<b>Build healthy habits that last.</b> Help reduce your risk for chronic disease by making changes around eating, activity, sleep, or stress. Learn more at <a href="https://www.OmadaHealth.com/MHC">OmadaHealth.com/MHC</a> .
<b>Ovia Health</b>	<b>Get support for your parenthood journey.</b> Ovia Health apps give on-demand, customized support and coaching. Download Ovia Parenting, Ovia Pregnancy, or Ovia Fertility for free from the App Store or Google Play. Enter your employer and health plan information to access all the unique tools and features.
<b>Sanvello</b>	<b>Manage stress, anxiety and depression symptoms.</b> Connect with on-demand help for stress, depression and anxiety through the Sanvello app. Download the Sanvello app from the App Store or Google Play and select <i>Upgrade Through Your Insurance</i> to get started.