

# 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>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 and choose <i>Minnesota Healthcare Consortium</i> on the sponsor organization list.</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 <i>Medica</i> 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 create your account online.</li> </ul>
<b>Omada</b>	<p><b>Personalized support to reach your health goals.</b> Omada’s digital health programs give you the tools and support you need. Learn more at <a href="https://www.OmadaHealth.com/MHC">OmadaHealth.com/MHC</a>.</p> <ul style="list-style-type: none"> <li>• <b>Omada for Prevention</b> helps you make small changes to lose weight and reduce your risk for diabetes and heart disease.</li> <li>• <b>Omada for Diabetes</b> provides personalized coaching and digital tools to help you improve your blood glucose control.</li> <li>• <b>Omada for Joint &amp; Muscle Health</b> is a virtual program available to members enrolled in a Medica Choice<sup>®</sup> Passport plan. It helps you build muscle to prevent aches and pains, and connects you with a licensed physical therapist to help treat current muscle or joint pain, all on your mobile device and schedule.</li> </ul>
<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.