

February Wellness News

American Heart Month: The importance of moving

Did you know that staying active can help protect your heart? Regular activity can help keep your blood glucose, blood pressure, and cholesterol levels normal and lower your risk of heart disease and stroke. The following resources can help you stay motivated in your activity goals.

Resource #1: Fit ChoicesSM by Medica

Looking for motivation to hit the gym? Earn up to \$20 per month by working out eight times a month at a participating fitness club. Choose from a range of fitness facilities and convenient locations – from top-name health clubs to hometown fitness facilities. Learn more: [Medica.com/FitChoices](https://www.medicacom/fitchoices).

Resource #2: My Health Rewards by Medica[®]

Join the Warm Up for Winter Challenge (Employees/Contract holders)

Watch for more information in your email soon.



GET READY FOR THE TEAM CHALLENGE:

WARM UP FOR WINTER

Registration Dates: February 4 – February 16, 2022
Challenge Dates: February 14 – February 28, 2022

THE TEMPS ARE DROPPING, BUT YOU'RE JUST HEATING UP!

Strap on skis, snowshoes, skates, or good old winter boots.
Team up, step up, and have fun!

Employees must have a registered account with the My Health Rewards program to participate.

Minnesota Healthcare Consortium | App Store | Google play | *rise*

How to sync a device

With My Health Rewards, track your steps, sleep, and calories to make steady progress toward health improvements and earn rewards. Connect your personal fitness tracker to get credit for your steps and sleep, and track your calories with MyFitnessPal. You can sync with a variety of devices and apps. For a full list of devices, go to Devices & Apps on the *Profile* page.

Connect a fitness tracker:

1. [Sign in](#) and go to Devices & Apps on the *Profile* page.
2. Choose the device or app you'd like to connect.
3. Follow a few simple steps. You'll see instructions right on your screen.

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Getting Active Journeys

Complete a Journey and get on the path to better health! Log in to your My Health Rewards account, go to the *Health* tab and choose *Journeys* to get started.

- Fit as a Family
- Get Strong at Home
- Move to Improve
- Ramp up Your Workout
- Walk Your Way to Fitness

Resource #3: Omada

Omada® helps you build healthy habits that stick, one small change at a time. Get paired with your professional health coach, receive connected devices to track your progress, and create the right plan that works with your lifestyle. Learn more: OmadaHealth.com/MHC