

January Wellness Action Message



Monthly Theme: Be Your Best Self

The Value of Creating Your Best Self

Simply put, when we reflect on being our best self, we are essentially talking about being the best version of ourselves. It can make us feel empowered, in control, and accomplished.

It all starts with taking small steps to get closer to the version of yourself that you want to be. And ultimately, living a life where you feel happy and fulfilled.

To be our best self involves evolving and continually changing.

It is important to recognize that it doesn't mean we need to "win" in all areas of our lives or always achieve perfection. However, what it does mean is you are simply taking more control of your life, by taking the driver's seat and creating a future that you really want for yourself.

The Importance of Being Your Best Self

Are you asking yourself, why is it important to try and be your best self? Trying to be your best self means you are continually striving to develop and learn. It also means you are taking time to:

- Reflect
- Set goals
- Focus on healthy habits
- Focus on mental wellbeing
- Try new things
- Find your strengths
- Think positively

Your Best Self Roadmap Directions:

Visualize your best self: To start, a useful way of knowing who you truly want to be is by taking the time to visualize what your best self looks like. What do you do daily? What do you eat? How do you interact with others? There are many questions that you can ask yourself to get those ideas flowing.

Find and set goals: If you did the visualization, you may start being able to see some obvious goals that you would like to achieve. Finding goals is a step in the right direction to finding your best self as you can identify what you really want out of life and what makes you happy.

Create healthy habits: Start asking yourself, am I making healthy choices throughout the day for both a healthy heart and a healthy mind?

Try and find ways to improve your daily habits related to sleep, exercise, healthy eating, and stress management. If you are not looking after yourself mentally and physically, you cannot expect to be your best.

Medica's Resources – What's New in 2024!

My Health Rewards by Medica®

Throughout the year, My Health Rewards by Medica provides nudges and resources to help you be your best self, based on the wellbeing path you set for yourself. Remember that change doesn't happen overnight and it's okay and encouraged to make adjustments along the way. Allow yourself to enjoy the journey toward your healthiest self — one small step at a time.

My Health Rewards makes it fun — and rewarding. Earn up to **\$225** in rewards annually as you complete activities personalized just for you. Learn more: [My Health Rewards User Guide](#)

2024 My Health Rewards Enhancements

- **Annual Preventive Checkup:**
 - Complete your annual preventive checkup and earn an additional \$5 reward. Members simply need to go to “My Care Checklist” on the “Health” tab and enter their “Health Checkup” completion date.
- **Health Coaching Services**
 - Whatever your goals, a live coach can help you stay focused and overcome obstacles in a wide variety of topics--nutrition, physical activity, weight management, stress management and more. To get started, go to the Benefits tile scroll down to Coaching, and click ‘Schedule a session’.

On-Demand Fitness Program

- **Life Time® Digital fitness program**
 - Unlock a healthier you with the **Life Time® Digital fitness program** at no extra cost. The Life Time Digital app provides access to hundreds of on-demand and live fitness classes, meditations, plus nutrition and lifestyle articles to support your well-being goals. Learn how to enroll.

Beginning January 1, 2024, follow these four simple steps to enroll:

1. Log in to your member account at [Medica.com/SignIn](https://medica.com/signin)
2. Select “Programs + Tools” under the “Wellness” section in the navigation menu
3. Under “Life Time Digital,” click “Sign up”
4. Once you've signed up for your Life Time Digital account, download the Life Time Digital app from the Apple Store or Google Play to begin your journey

