

# My Health Rewards by Medica® *Invest* communications calendar

Communication	Delivery	Timing
<a href="#">Invest user guide</a>	Medica sends user guide to members in welcome kits	Month 1
<a href="#">Getting Started video</a> and <a href="#">member email message</a>	Client sends to members	Month 1
<a href="#">Invest tip sheet</a> and <a href="#">member email message</a>	Client sends to members	Month 2
Tracking tips <a href="#">member email message</a>	Client sends to members	Month 3
<a href="#">Invest open enrollment flier</a>	Client sends to members	Open enrollment
Program materials tile on Benefits page (Invest user guide, Invest tip sheet, Getting Started video)	Member can view in Invest portal & app	Ongoing
Sync reminders and tips	Member can view in Invest portal & app	Ongoing
Log in and sync reminder	Member receives push notification from the app	Monthly
Engagement email campaign for enrolled employees (Sleep, activity, nutrition)	Virgin Pulse sends emails to members	Quarterly
Enrollment email campaign for eligible employees (set of 3 emails)*	Virgin Pulse sends emails to members	*Client can request from account manager; Client required to send employee email addresses on the enrollment file to Medica
<b>General program materials (available at <a href="https://www.Medica.com/MHR">Medica.com/MHR</a>)</b> <ul style="list-style-type: none"> <li>• Compatible Devices &amp; Apps flier</li> <li>• Journeys Guide</li> <li>• Mobile App flier</li> <li>• Nutrition Guide</li> <li>• Sleep Guide</li> </ul>	Client sends to members as needed	As needed