

# WellBeing Rewards

## Your path to being well.



MVP Health Care® is committed to helping you along your path to better health. We've expanded our focus to include a variety of factors that contribute to overall well-being, giving you more ways to be rewarded for making healthy choices.

### New for 2019! WellBeing Rewards: Up to \$325 in Reimbursements and Earnable Rewards

#### Receive \$125 in Healthy Lifestyle Credits.

MVP will reimburse members up to \$125 per contract, per calendar year, for healthy weight support programs, youth sports and fitness, gym and fitness club memberships, massage therapy, and tobacco cessation courses.

#### Earn up to \$200 more!

Activity and Maximum Points You Can Earn	
<b>Personal Health Assessment (PHA) <i>Required</i></b>	<b>50</b>
<b>MVP Sponsored On-Site Screening or Health Risk Screening Form</b>	<b>100</b>
<b>Email/Text Sign Up</b>	<b>10</b>
<b>Online Classes (10 points each; maximum of five)</b>	<b>50</b>
<b>Online Attestations</b>	<b>100</b>
<i>Preventive Screening</i>	50
<i>Social</i>	10
<i>Surroundings</i>	10
<i>Physical</i>	10
<i>Financial</i>	10
<i>Mind &amp; Spirit</i>	10
<b>MVP Quarterly Well-Being Challenges</b>	<b>100</b>
<i>First Quarter</i>	25
<i>Second Quarter</i>	25
<i>Third Quarter</i>	25
<i>Fourth Quarter</i>	25
<b>Healthroads Connected!® Activity Tracking (per year maximum)</b>	<b>200</b>
<i>225,000 Steps per Month</i>	50
<i>175,000 Steps per Month</i>	35
<i>100,000 Steps per Month</i>	25
<b>myVisitNow® Registration</b>	<b>25</b>



If your plan includes Telephonic Lifestyle Coaching, you can earn an additional 100 points for every two sessions.

**myVisitNow** is a covered benefit on all fully-insured plans. Members on self-insured plans can confirm with their employer if **myVisitNow** is a covered benefit.

All points must be redeemed by December 31, 2019 or they will be forfeited for that calendar year.

# Online Tools Help You Stay on Track

## Get Connected

Sync your account to a variety of popular wearable fitness devices and apps\* to track your activity and keep a gauge on your health—online, anytime. The more active you are, the more rewards you can earn!

One step is equal to one Movement Merit. You can also earn 5,000 Movement Merits when you check in at a fitness center for a 30-minute workout.



Sign In at [mvphealthcare.com](http://mvphealthcare.com) and select the *Your Wellness Starts Here* icon to access your wellness homepage.

From your wellness homepage, select *My Health*, then *Connected!*, then *Manage Apps/Devices* to find your wearable fitness device/app on the list. You must connect to the manufacturer's website and grant permission for activity data to be shared to your account. Once completed, you'll be returned to your account page and you will see a message that the connection is successful.

## Check In

Track your physical activity and earn WellBeing Rewards points by logging workout sessions at more than 41,000 fitness centers and select YMCAs nationwide. To participate, download the Healthyroads CheckIn!® App from the App Store® or Google Play™.

Then, visit [healthyroads.com](http://healthyroads.com) to set up a username and password, or use your Healthyroads® username and password to *Sign In* to the Healthyroads CheckIn! App. When you open the app, a list of participating fitness centers/YMCAs in a 100-meter radius will appear. Confirm your location and select *Check in now* to begin timing your workout.

## Challenge Yourself

Earn WellBeing Rewards points by participating in quarterly challenges specific to the five dimensions of well-being—Social, Surroundings, Physical, Financial, and Mind & Spirit. You can also create your own individual or team competition, or use one that's already set up and take on *Today's Challenge*.

## Know Your Numbers

Take the online Personal Health Assessment (PHA), a short survey that helps you identify potential health risks. It will help you start thinking about the kinds of ways you can take steps toward a healthier lifestyle. You can find the PHA right on your WellBeing Rewards homepage.

## Make It Count

Have you participated in a volunteer opportunity, walked around your neighborhood, met with a financial advisor to talk about your goals, or taken a break from social media? Log your healthy lifestyle activities and experiences to show that you are taking the right steps to create a better well-being. Plus, each completed WellBeing Rewards Attestation is more points toward your total rewards!

## myVisitNow—Online Doctor Visits

By registering for **myVisitNow**, you can earn points for being prepared for when you may need care. Join thousands of MVP members who use **myVisitNow** for 24/7 adult and pediatric urgent care, visits with psychiatrists and behavioral health specialists, diet and nutrition consultations, and lactation consultations.

Points awarded for **myVisitNow** registration may take up to four weeks to process, so make sure you register by December 1, 2019.

If you have already registered for **myVisitNow**, points will automatically load into your WellBeing Rewards account.



To learn more or to get started, *Sign In* to [mvphealthcare.com](http://mvphealthcare.com), then choose the *Your Wellness Starts Here* icon.

\*The Healthyroads program and MVP do not cover the cost of wearable fitness devices/apps. The Healthyroads program is provided by American Specialty Health Management, Inc., a subsidiary of ASH. Healthyroads and Healthyroads CheckIn! are federally registered trademarks of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.

**myVisitNow** from MVP Health Care is powered by American Well. Regulatory restrictions may apply.

Healthyroads, a well-being program operated by American Specialty Health Management, Inc., (ASH Management), may use and/or provide your plan sponsor/employer, or other entities that have contracted with your plan sponsor/employer to administer your plan, with information (such as program activity points) involving your participation in our programs so that your plan sponsor/employer or its contracted entity can administer the applicable incentive program. ASH Management may also use personal information obtained from your participation in our programs to provide you with other Healthyroads services on behalf of your plan sponsor/employer. By participating in this program you acknowledge that ASH Management may use and/or provide this information as stated above.

Your employer is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all participating employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your location HR representative and they will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status. Incentives may be taxable income that you are responsible to report.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and countries.