

# Welcome to MVP WellBeing Rewards



Your path to being well.



# Focused on Five Dimensions of a Healthy Lifestyle

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 earn rewards for making healthy choices.



## 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 or fitness club memberships, massage therapy, and tobacco cessation programs.

### Earn up to \$200 more!

Members can also earn up to \$200 per contract, per calendar year, for completing a required Personal Health Assessment (PHA) and participating in other activities like:

- On-site Biometric Screenings (blood pressure, cholesterol, etc.)
- Submission of a Health Risk Screening
- Self-guided online health courses
- Online activity-tracking tools, challenges, and more!

**New for 2019!** After participating in a healthy lifestyle activity that falls into one of these five dimensions, complete online WellBeing Rewards Attestations to earn points.



# Start earning points today.

## WellBeing Rewards Points Guide

Earn up to \$200.

| 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>Healthyroads 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 if myVisitNow is a covered benefit with their employer.*

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

## Here's what you need:

### A Valid Email Address

To participate in WellBeing Rewards, you must have a valid email address. This will ensure you receive proper notifications regarding progress toward your rewards and screening information. This email address will also allow you to access your WellBeing Rewards from **mvphealthcare.com**.

### Complete a Personal Health Assessment (PHA)

Completing a PHA is a required step to earning rewards. This short, online survey helps you gauge the status of your current health, so you'll know what steps to take in order to improve your well-being.

Use your email address to set up your account, and start completing activities on January 1, or upon your group's renewal.

Your points become redeemable WellBeing Rewards on January 15 or after your group's renewal, in the new program year, after you have completed the PHA.

### Earn an easy 100 points by:

#### Attending an on-site biometric screening event at your workplace.

After your screening is complete, your results and earned points will be added to your **mvphealthcare.com** account.

**OR**

#### Completing the Health Risk Screening.

If your employer does not host an on-site screening event, complete and submit a Health Risk Screening. To find the form, visit **mvphealthcare.com** and *Sign In* to your Member account, then select the *Your Wellness Starts Here* icon. Once complete, please send the form by:

**Email:** [MVPforms@ashn.com](mailto:MVPforms@ashn.com)

**Fax:** 1-855-318-2746

**Mail:** MVP REWARDS

ATTN: BIO DATA-C4-1

PO BOX 509040

SAN DIEGO CA 92150-9040

The Health Risk Screening takes up to four weeks to process, so make sure your form is received by December 1. You will receive an email notification once your results from a Health Risk Screening or on-site biometric screening have been processed and added to your account.

# More ways to earn rewards— online tools and activities.

With easy access fitness tracking tools, online challenges, and attestations, your journey to a healthier life is just a few clicks away. Plus, you'll earn points as you go!

## Get Connected!

Choose from many popular wearable fitness devices and apps\* that integrate with your account to track your activity and keep a gauge on your health—online, anytime. The more active you are, the more points you can earn!

\*The costs of an app or device is not covered in the program.

## Healthroads CheckIn® App

Track your physical activity and earn WellBeing Rewards points by logging workout sessions at more than 41,000 fitness centers nationwide. Each check-in of 30 minutes or more is equal to 5,000 movement merits/steps toward your point earning goal for the month. To participate, download the free Healthroads CheckIn! app from the App Store® or Google Play™.

## Online Challenges

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

## 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.

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

## WellBeing Rewards Attestations

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 positive steps toward an improved well-being. Each completed attestation earns more points toward your total rewards!

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



# Earning and redeeming points is as easy as 1-2-3!

## 1 Sign In to your MVP account online.

Access the Personal Health Assessment, review your progress, view e-classes, submit attestations, redeem your rewards, and more!

**Online:** Sign In at [mvphealthcare.com](http://mvphealthcare.com). Enter your *Username* and *Password*, then select the *Your Wellness Starts Here* icon. This will bring you to your wellness homepage.

**On your Mobile Device:** Select the menu icon to sign into your account.

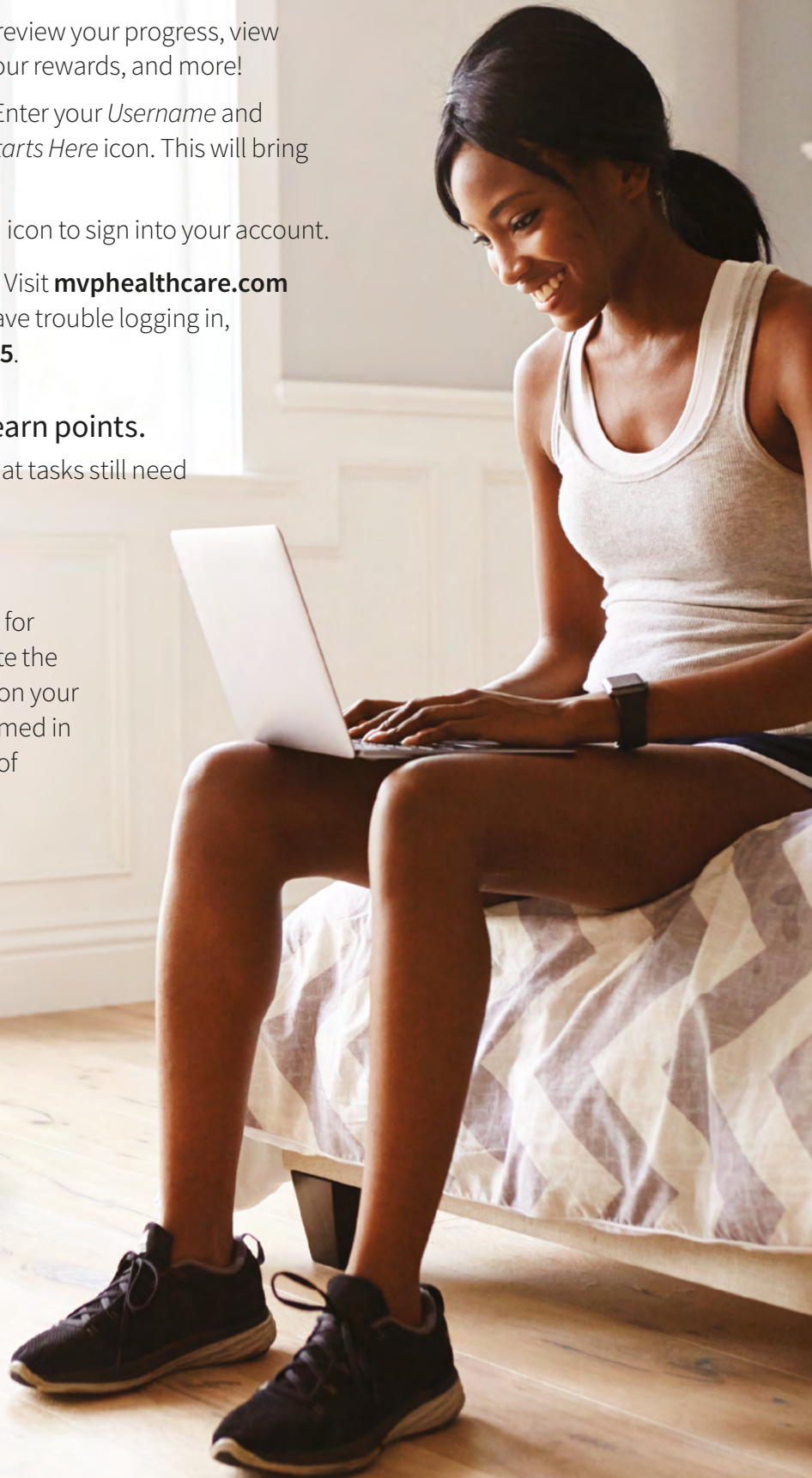
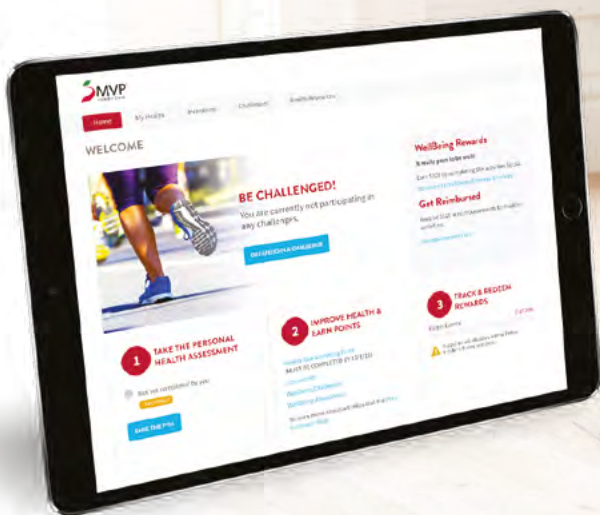
**Don't have an MVP online account yet?** Visit [mvphealthcare.com](http://mvphealthcare.com) and select *Register* to create one. If you have trouble logging in, contact MVP eSupport at **1-888-656-5695**.

## 2 Complete required activities and earn points.

Visit your wellness homepage and see what tasks still need your attention.

## 3 Redeem your earned points.

Sign In to your MVP account to redeem \$1 for each point you earned. You must complete the PHA before a *Redeem* button will appear on your wellness homepage. Points can be redeemed in denominations of \$50, up to a maximum of \$200 per contract, per calendar year.



# Learn More About MVP WellBeing Rewards

Visit [mvphealthcare.com](http://mvphealthcare.com) and *Sign In* to your MVP member account, then select the *Your Wellness Starts Here* icon.

Contact your MVP Representative or call the MVP Customer Care Center at the number on the back of your MVP Member ID card.



Wellness programs are intended to encourage healthy activities that your doctor has approved. Consult with your doctor concerning your physical activity and participation in wellness activities.

Incentives may be considered taxable income you are required to report. The Healthyroads® well-being program, operated by American Specialty Health Management, Inc. (ASH Management), may use and/or provide participation information to your plan sponsor/employer or its contracted entities that administer your plan for incentive fulfillment purposes. ASH Management may also use this information to provide you with other services on behalf of your plan sponsor/employer. Your participation serves as your consent for ASH Management to 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. Healthyroads, Healthyroads Connected!, and Healthyroads CheckIn! are federally registered trademarks of American Specialty Health Incorporated and used with permission herein.

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 counties.