Track Your Activity and Get Connected!

Choose from two options to track your activity and earn WellBeing Rewards:

1 Track your physical activity in steps or duration of a workout with wearable fitness devices and apps, including **Apple Watch®**, **Fitbit®**, **Garmin®**, and more, via the Healthyroads® website.*

2 If you prefer to **work out at the gym**, log your workout at one of 50,000+ fitness centers nationwide with the ASHConnect™ app.

Earn Connected! Credits/Points

Steps	8,000 steps	
Duration	30 minutes	1 credit/point per day
Fitness Center Check-In (via ASHConnect)	(1) 30-minute check-in	

- Steps or the duration of a workout can be tracked depending on what activity data is available via the wearable fitness device or app in use.

- Data from the ASHConnect app is based on a visit lasting 30 minutes or longer.

- A maximum of one credit/point can be earned per day. If you have dependents on your plan, each member can earn credits/points toward your rewards, but only one credit/point can be earned for your family per day.

- All credits/points need to be redeemed by 12/31 of the current calendar year.

View Your Progress

To track your Connected! credits/points, log in at **mvphealthcare.com**, then select *Begin Your Path to Well-Being*. Once you are on your *WellBeing Rewards* home page, go to the *Incentives* tab to review your plan summary, activity history, and rewards.

Your Accounts

Getting connected will require you to use a few different sets of **usernames and passwords** for different websites and applications. Here is a quick overview of each of the credentials that may be needed:

mvphealthcare.com

MVP member website username and password

- This is where you log in to access your WellBeing Rewards program by signing in or registering, then selecting *Begin Your Path to Well-Being.*

- If you need help logging in to your MVP member account, call **1-888-656-5695** Monday – Friday, 8:30 am – 5 pm (EST).

ASHConnect App

Healthyroads username and password

- The first time you navigate to your *WellBeing Rewards* homepage, you will be asked to set up a Healthyroads username and password. Note: You have done this in previous years if you have logged into your wellness portal. This is the username and password that should be used when logging into the ASHConnect app to track fitness center workouts.

- If you need help retrieving your Healthyroads username and password, follow the prompts in the ASHConnect app or call **1-877-748-2746**, Monday – Friday, 8 am – 9 pm (EST).

App or Device Manufacturer

Username and password

- When you connect your fitness app and/or device, you will be asked to authorize the access by entering your username and password that you set up with the app or device manufacturer (FitBit, Garmin, Apple Watch, etc.).

- If you need help retrieving your app or device manufacturer's username and password, contact the manufacturer for support.

Track Your Activity

Option 1: Track Your Steps or Workout Duration with Fitness Devices and Apps

1. Visit **mvphealthcare.com** and *Sign In* or *Register*, then select *Begin Your Path to Well-Being*.

2. Select *My Health,* then *Connected!,* then *Manage Apps/Devices.*

3. **Find your device or app and select *Connect*.** Follow the prompts to authorize your fitness device or app activity data to be shared.

   Note: This authorization step will vary by the device or app manufacturer. If asked what type of data to share, it is recommended to select *All* to ensure your data is transferred correctly and points are credited toward your reward program. You can hover over a specific manufacturer and select *Supported Devices* to see a list of linkable tracking devices and apps. **To track activity via an Apple device**, please see the bottom of this page.

4. Once your app or device is connected, you can expect most data to display on your Healthyroads portal within two hours; however, some data may take up to 24 – 48 hours to display. The amount and timing of historical data varies by manufacturer.

5. All devices and apps that you connect will appear under *My Connected! Apps/Devices*. All data will display under *Activity*. Keep in mind, the WellBeing Rewards program will apply the highest value from one wearable fitness device or app manufacturer per day to credit any applicable incentives. To optimize your incentives, we recommend that you pick one wearable fitness device, app, or fitness center workout per day.

6. Review your activity log and select *Manage Apps/Devices* to switch between apps and devices.

Option 2: Log Fitness Center Workouts with the ASHConnect App

1. **Download and install the ASHConnect app** in the Apple® App Store℠ for iOS™ devices or the Google Play™ store for Android™ devices.

2. **Log in with your existing Healthyroads account.**

   When downloading the ASHConnect app, you need to use your Healthyroads username and password. This is a different account than your MVP Health Care login.

   If you forget your username or password:

   • Open the ASHConnect app and click *Can't log in?*

   • When asked to pick your program, choose *Healthyroads*.

   • You will then be brought to **Healthyroads.com**. Choose *Forgot your Username or Password*. Follow the on-screen instructions.

     Note: If you forgot your username, you will need to reset that prior to resetting your password.

   • If you do not have access to the email associated with your account, you will need to contact Healthyroads Customer Service (**1-877-748-2746**, Monday – Friday, 8 am – 9 pm EST) to update your email address on record. You must have a valid email account to access these programs.

   • If your account is locked, you will need to contact Healthyroads Customer Service to unlock your account. The Healthyroads representatives can provide your username by phone, but the **password reset function is only done via email**. Healthyroads does not retain members password information, and representatives will never have access to a member's password for the website. You must have access to and supply a valid email address.

3. After you log in for the first time, you will be brought through a series of screens where you will click *Next.* When asked if you would like to share your location, be sure to accept.

Sync Your Apple Data with the ASHConnect App

1. Open the ASH Connect App on your smartphone and log in.

2. Open the menu in the top left corner then go to *My Account*.

3. Tap on *Apps and Devices*

4. Tap *Apple Health + Apple Watch*

5. Tap *Connect*.

6. Tap *Turn All Categories On* to allow the ASHConnect app to access health data. Tap *Allow* in the top right corner when you're done.

7. Once successfully connected, you will see *Apple Health + Apple Watch* under *My Connected! Apps and Devices*. **Note:** Activity recorded with Apple Watch will only be counted as steps—not duration.

How to Use the ASHConnect App

1. When you arrive at your fitness center, open the ASHConnect app. Locations near you will populate automatically.

2. Scroll left to right until you find your fitness center.
   Hint: Be sure your device allows access to location services. Otherwise, the locations may not be received through our GPS.

3. When you have found your fitness center, select *Start Workout*.

   - After starting the workout, the screen will change to a timer. You must work out for 30 minutes or more in order to complete your check-in.

   - Important: You should always keep the app running in the foreground to help avoid ending the session early and not receiving a credit/point for your workout.

   - If you leave the facility or end the workout before 30 minutes have passed, you will be advised your workout is incomplete. If you decide to *End Workout* prior to completing 30 minutes, the workout will be recorded but will display as a grayed-out line item on the Connected! page and will not count toward your incentive goals. You can select *Cancel* to return to your workout.

4. When you are finished working out, go to the ASHConnect app and select *End Workout.*

   - If you try to check out and are NOT within the GPS coordinates of the facility you checked into, you will not get a credit/point for that fitness center visit.

   - If you tap *End Workout* after 30 minutes have passed and you are within the GPS coordinates of the facility, you will be advised that the workout is finished.

5. Once the workout has ended, you will be taken to your *Workout History* page, where you can see the most recent check-in. Check-ins that reflect *Goal Met* will count toward your incentive goals.

Important: The ASHConnect app can be used multiple times per day, but only one check-in per day will count toward your incentive goals.
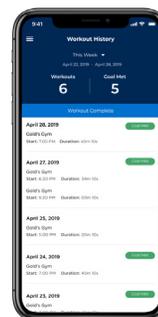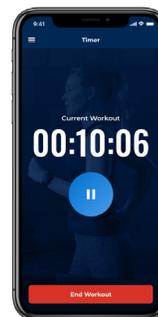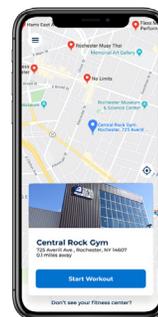
Healthyroads Customer Service can answer questions about what data is being synced with your account.

Call **1-877-748-2746**, Monday – Friday, 8 am – 9 pm (EST).

≋Healthyroads™

PRIVACY REMINDER
The Healthyroads program is compliant with privacy requirements and considers protecting your private health information its highest priority. Like all information on Healthyroads.com, ASHConnect activity uploaded to the Healthyroads website will only be visible to you and authorized Healthyroads staff. Healthyroads may generate group-level and participation-only reports (but not individual activity or results, unless explicitly noted in your program materials) for your plan sponsor or health plan to help administer your incentives. Please review the Healthyroads privacy statement on Healthyroads.com for more information.

NEED HELP?
Call Healthyroads Customer Service at **1-877-748-2746**, Monday – Friday, 8 am – 9 pm EST, for assistance with understanding your WellBeing Rewards requirements for the ASHConnect program. They can also answer questions about the data that has been synced to the Healthyroads website. They cannot answer specific questions about which wearable fitness device or app you should select or how any specific wearable fitness device or app functions.