



Where will your
**path to
better health
take you?**

WellBeing
REWARDS

Welcome to MVP Medicare WellBeing Rewards

Earn up to \$200 by completing health and well-being activities.

MVP Health Care® is committed to helping you along your path to better health!

Earn points for keeping up with your health and overall well-being—including things you probably already do.

**Earn and redeem points.
It's as easy as 1-2-3!**

1 Learn How to Earn

Review all the ways you can earn reward points on the next page.

2 Care for Your Whole Self

Confirm with your doctor that you're up to date on important preventive screenings and complete health-related activities.

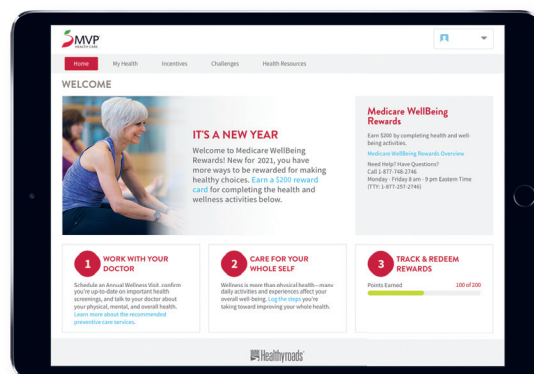
3 Track Points and Redeem Rewards

You can redeem your rewards once you've earned at least 50 points. One point is equal to \$1. Redeem points in \$50 increments, up to \$200. Choose your reward card from a selection of popular retailers.

Access your WellBeing Rewards program.

Online

Visit mvphealthcare.com and *Sign In* to your MVP online account, then select *Begin Your Path to Well-Being*.



See points you've earned for doctor visits and complete activity attestations. To redeem points, select *Redeem* to request your reward card.

By Phone

Call Healthyroads®, MVP's wellness partner, to review the points you've earned for doctor visits, provide your well-being activity attestations, and redeem points to receive your reward card.

1-877-748-2746 (TTY: 711)

Monday–Friday, 8 am–9 pm Eastern Time



WellBeing
REWARDS

be active • choose healthy • earn rewards

Earn Reward Points for Preventive Screenings and Important Doctor Visits

There's no paper form for you to submit to earn these points. Reward points will be earned automatically when MVP receives a claim from your doctor after a visit, or when you have a preventive screening or exam.

Annual Wellness Exam	40 points
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Every year

New for 2021! Can be completed via a telemedicine visit.

Colorectal Cancer Screening	10 points
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Complete one of the following:

- FIT Test every three years
- Cologuard® every year
- Colonoscopy every 10 years

Mammogram	20 points
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Every two years

Bone Density Screening	10 points
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Every year

Diabetic Screenings	
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Complete all three screenings every year if you're living with diabetes

Diabetic Retinal Eye Exam	10 points
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Diabetic Blood Test (HbA1c)	10 points
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Diabetic Urine Test for Protein	10 points
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Prostate Screening	10 points
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Every year

Flu Shot	10 points
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Every year

Dental Visit	10 points
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Every year

Vision Exam	10 points
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Every year

More Ways to Earn Reward Points

Report to Healthyroads® directly, either on your online member portal or by calling **1-877-748-2746** (TTY: 711). There's nothing more you need to submit to earn points for completing these activities.

Activity Attestations

Earn 10 points for each activity.

- **Have your hearing checked** and discuss concerns with your doctor.
- **Assess your physical activity level** with your doctor.
- **Discuss your mental health** with your doctor.
- **Try SilverSneakers®** online or at a gym.
- **Develop a plan to eat better** by learning about healthier food choices.
- **Have a virtual telemedicine visit** with your doctor.
- **Research money-saving programs** that can improve your financial position.
- **Improve your safety at home**, remove clutter or throw rugs that could lead to a fall.
- **Be social**, try a new community program like an MVP *Living Well* class.
- **Take care of your mind and spirit**, reduce stress, or read a book on the topic.

Take an Online Class

Earn 10 points for each class (50 points maximum).

Speak with an MVP Case Manager

Earn 20 points for a successful call with an MVP Case Manager about wellness goals or any health concerns. Call **1-866-942-7966** to speak with an MVP Case Manager.



Important Dates to Remember

January 15

Your program will display in your well-being homepage at mvphealthcare.com. It will include credits for qualifying doctor visits you completed beginning November 2020 through October 31, 2021.

October 31

Important doctor visits must be completed to count towards your rewards for the current year.

Any points earned after this date will be added to your rewards in the next calendar year.

December 31

All points must be redeemed, or they will be forfeited permanently.

Learn More About MVP WellBeing Rewards

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



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Questions? We're here to help.

Call the MVP Medicare Customer Care Center.

1-800-665-7924 (TTY: 1-800-662-1220)

Monday–Friday, 8 am–8 pm Eastern Time.

October 1–March 31, call seven days a week, 8 am–8 pm.

mvphealthcare.com



WellBeing Rewards is administered in part by Healthyroads, Inc. (Healthyroads). Healthyroads, a well-being program operated by American Specialty Health Management, Inc., (ASH Management), may use and/or provide your plan sponsor, or other entities that have contracted with your plan sponsor to administer your plan, with information (such as program activity points) involving your participation in our programs so that your plan sponsor 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. By participating in this program, you acknowledge that ASH Management may use and/or provide this information as stated above. 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 plan sponsor 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. The Healthyroads program is provided by American Specialty Health Management, Inc., a subsidiary of American Specialty Health, Incorporated (ASH). Healthyroads is a registered trademark of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

Llame al **1-800-852-7826** (TTY: 1-800-662-1220).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 **1-800-852-7826** (TTY: 1-800-662-1220)。