

Get Online and Get Healthy!



Your MVP well-being homepage offers state-of-the-art tools to help you reach your personal well-being goals.



To get started, *Sign In* at mvphealthcare.com and select *Begin Your Path to Well-Being*.

Personal Health Assessment (PHA) and Scorecard

The PHA is a short health and lifestyle questionnaire, and the Scorecard it generates helps you identify potential health risks. From stress and sleep management to a healthier diet, the PHA will help guide you to make lifestyle changes that are right for you.

Challenges

Take on your co-workers and see your health change for the better. Create your own team-based, one-on-one, or individual challenges. You can also motivate yourself to get healthier by completing *Today's Challenge*—a daily challenge provided to you on your well-being homepage.

Health Information and Blog Content

Search evidence-based, fully referenced articles and videos on health improvement topics, such as Health Conditions, Herbs and Supplements, Wellness Centers, and more. Plus, discover health tips and find other fun facts by visiting healthyroadsblog.com.

Online Classes

These self-guided coaching classes allow you to study a variety of health and wellness topics, including Nutrition, Exercise and Fitness, Stress, Sleep, Chronic Health Conditions, and more.

Wellness Discounts

With the ChooseHealthy® program, you can save up to 55% on popular brands of health and wellness products. You can also enroll in the Active&Fit Direct™ program and choose from 16,000+ fitness centers and studios with flexibility to change any time, for as low as \$25/month.* You can also access an expanded digital fitness library with 4,000+ digital workouts, including popular workouts from LES MILLS™, FitFusion by Jillian Michaels, YogaFit, and more.

Daily Wellness Email

Register for a daily well-being email offered Monday through Friday, and choose from a variety of topics like Weight Management, Quitting Tobacco, Fitness, General Wellness, and more!

*Plus applicable taxes

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.

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