



Welcome to MVP WellBeing Rewards

Earn \$600 on your path to well-being!

MVP Health Care® is committed to helping you along your path to better health. By making healthy choices, you can earn up to \$600, per contract, per calendar year, with MVP WellBeing Rewards.*

Earning Rewards is Simple

Earn up to \$200 for completing health-related activities. Each point is equal to \$1 and can be redeemed in increments of \$50.

Personal Health Assessment <i>Required</i>	50 points
Biometric Screening/Health Risk Screening	100 points
Online Classes <i>(10 points each class completed)</i>	50 points
Quarterly Well-Being Challenges <i>(25 points each challenge completed)</i>	100 points
Email Tips Sign-Up	10 points

Well-Being Attestations

Preventive Screening	30 points
Health Care Literacy	10 points
Physical Fitness	10 points
Mind & Spirit	10 points
Surroundings	10 points
Social	10 points

Preventive Screenings

Mammogram	30 points
<i>(Points awarded for two years until your next screening is due)</i>	

Diabetic Screenings

Points awarded annually, if you are living with Diabetes

Diabetic Retinal Eye Exam	20 points
Diabetic Blood Test (Hba1c)	20 points
Diabetic Urine Test for Protein	20 points

Colorectal Cancer Screenings

Points earned for completion of one screening

Colonoscopy	30 points
FIT Test/DNA/Cologuard*	20 points
New! Sigmoidoscopy and CT Colonography	20 points
New! Fecal Occult Blood Test	20 points

Track Activity Effortlessly with Connected!

Collect up to \$200 more for tracking your activity with a wearable fitness device or an online app.**

Connected! Activity Tracking

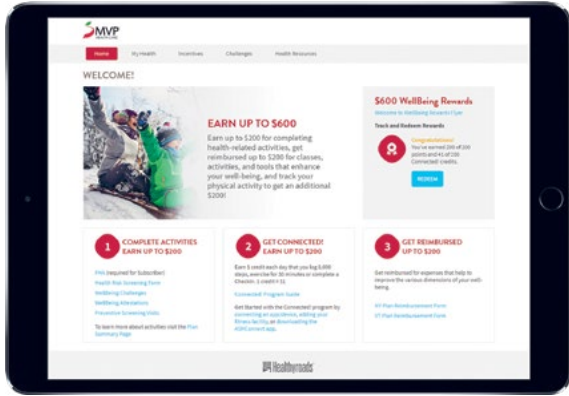
8,000 Steps, 30-Minute Workout, or one Workout via the ASHConnect™ app	1 credit per day
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Receive Reimbursements

MVP will reimburse you up to \$200 for expenses associated with activities, tools, and online apps that enhance your well-being, like sport memberships, mindfulness apps, park passes, and more.

New! In 2022, get reimbursed for fitness equipment, health monitoring devices, and ergonomic equipment.

Getting Started



- 1 Access Your MVP Online Account**
Visit mvphealthcare.com/members and *Sign In* or *Register*, then select *Begin Your Path to Well-Being*.
 - 2 Complete Activities and Earn Points**
Your well-being homepage is where you see what tasks you have completed and if any still need your attention. From here you can download the *Well-Being Reimbursement* form. Follow the instructions on the form to receive reimbursements.
 - 3 Redeem Your Earned Points**
Points can be redeemed in increments of \$50, but you must complete the Personal Health Assessment before the *Redeem* button will be available on your well-being homepage.
- ! Issues logging into your MVP online account?**
Call MVP eSupport at **1-888-656-5695**.

Important Dates to Remember

January 15

Your program will reset on your well-being homepage, and it will include credit for all activities completed January 1 and forward of the new calendar year.

December 1

The Health Risk Screening form must be submitted to receive points for the calendar year.

December 31

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

Well-Being Discounts

Get discounts on popular health and fitness brand products and services, including athletic apparel and gear, activity tracking devices, and fitness equipment with the ChooseHealthy® program.

Enroll in the Active&Fit Direct™ program for access to 16,000 fitness centers/exercise studios and 4,000+ digital workouts for a low monthly fee.

Learn More About MVP WellBeing Rewards

Visit mvphealthcare.com/members and *Sign In*, then select *Begin Your Path to Well-Being*. Or call the MVP Customer Care Center at the number on the back of your MVP Member ID card.

* This benefit is not available on Vermont Individual and Small Group Standard plans or New York Essential plans. \$600 WellBeing Rewards is offered as a buy-up option on self-funded plans and a rider on New York Large Group HMO plans.

** The Healthyroads' program and MVP Health Care do not cover the cost of wearable fitness devices/apps.

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. (ASH Management), the ChooseHealthy program is provided by ChooseHealthy, Inc., and the Active&Fit Direct program is provided by American Specialty Health Fitness, Inc., all subsidiaries of American Specialty Health, Inc. (ASH). ASHConnect, Healthyroads, ChooseHealthy, and Active&Fit Direct are registered trademarks of ASH and used with permission herein. Other names and logos may be trademarks of their respective owners.

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