

# Earn up to \$600 with WellBeing Rewards.

MVP Health Care® is committed to helping our members become healthier in all aspects of life by providing even more ways to earn rewards and get reimbursed.

## Get rewarded for making healthy choices!

Earn up to \$200 by completing any of the activities listed below. Each point earned is equal to \$1.

Point-Earning Activities and Maximum Points	
Personal Health Assessment <i>(Required)</i>	50
myVisitNow® Registration <i>(One-time points earning activity)</i>	25
Biometric Screening or Health Risk Screening	100
Email/Text Sign-Up	10
ASH Connected!™ Activity Tracking	200
225,000 Steps/Movement Merits per Month	50
175,000 Steps/Movement Merits per Month	35
100,000 Steps/Movement Merits per Month	25
Online Classes (10 points per class; maximum of five)	50
Quarterly Well-Being Challenges (25 points per quarter)	100
Online Attestations (50 points for a Preventive Screening attestation; all others are 10 points each)	100

## Earn an additional \$200 with Connected! activity tracking.

Take your activity to the next level! Each quarter, track at least 750,000 steps/Movement Merits to earn an additional \$50. Reach the goal every quarter to earn the full \$200.

## Receive up to \$200 in reimbursements.

MVP will reimburse members for expenses associated with activities, tools, and apps that enhance their well-being.

See reverse side for more information about online tools.



Receive up to \$600 per contract, per calendar year. The subscriber of the health plan must redeem all points by December 31 or they will be forfeited for that calendar year. \$600 WellBeing Rewards is not available on Vermont Individual Standard plans, Vermont Small Group Standard plans, or New York Essential plans.

myVisitNow is a covered benefit on all fully insured plans and select self-funded plans.

# Online tools that help you stay on track and earn rewards.

## Know Your Numbers

Complete the online *Personal Health Assessment (PHA)*, a survey that helps you identify potential health risks to create a healthier lifestyle.

## Get Connected!®

Sync your account to a variety of popular, wearable fitness devices and apps to track your activity online, anytime.\* The more active you are, the more rewards you can earn! One step is equal to one Movement Merit. Earn 5,000 Movement Merits for every 30 minutes of activity (like biking, swimming, walking) and 10,000 Movement Merits for every workout tracked at a fitness center.

## ASHConnect™

Track your physical activity and earn points by logging workout sessions at more than 41,000 fitness centers and select YMCA locations nationwide. To participate, you will need to download the **ASHConnect App** from the App Store® or Google Play™.

MSG&DATA rates may apply.

## Challenge Yourself

Compete in quarterly well-being challenges.

## Document Your Progress

Show that you are taking steps toward improving your overall well-being by completing the online *WellBeing Rewards Attestations*.

## Be Prepared with myVisitNow®

Register for **myVisitNow** online doctor visits and be prepared for when you may need care. Please note that these points may take up to four weeks to process—make sure you register by **December 1**. Sign Up at **myvisitnow.com**.



### Get Started!

Sign In at [mvphealthcare.com](https://mvphealthcare.com) and select *Your Wellness Starts Here*.



\*The Healthyroads® program and MVP do not cover the cost of wearable fitness devices/apps. The Healthyroads program is provided by American Specialty Health Management, Inc., a subsidiary of American Specialty Health Incorporated (ASH). Healthyroads Connected! and ASHConnect 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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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.

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.