



MVP WellBeing Rewards

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

MVP Health Care® (MVP) 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.

Earn \$400 for completing your Personal Health Assessment (PHA) and a health screening.

You must complete both of these steps to earn \$400 in WellBeing Rewards:

Step 1—Take an online PHA

This online survey takes 15–30 minutes and is available on your WellBeing Rewards homepage. Sign in to Gia® at my.mvphc.com and select *Well-Being*, then *Begin Your Path to Well-Being*. Answer questions about your health and lifestyle, and receive a customized plan to help you meet your health goals.

Step 2—Get a health screening

There are two ways that you can document a health screening so that you are eligible to earn WellBeing Rewards:

Option 1—Schedule an appointment at a company-sponsored biometric screening

During a 20-minute biometric screening appointment, you give a small sample of blood via a finger stick. You'll receive immediate results and insight into your blood glucose, cholesterol, blood pressure, and BMI. Fasting is not required.

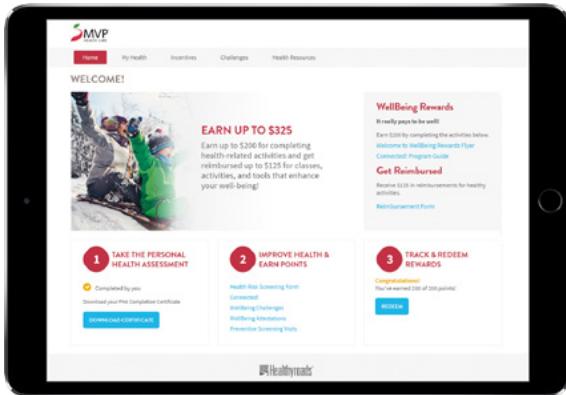
Option 2—Visit your Primary Care Provider (PCP)

Download the *Health Risk Screening* form and bring it to your annual visit with your PCP. Returning a *Health Risk Screening* form completed and signed by your PCP can also help you complete the second requirement to earn your rewards.

Receive up to \$200 in Reimbursements

MVP will reimburse you up to \$200 for expenses associated with activities, tools, and online apps that enhance your well-being, like fitness memberships and equipment, mindfulness apps, park passes, youth sports equipment, health monitoring devices, ergonomic equipment, and more!

Getting Started



1 Access Your WellBeing Rewards Homepage

Sign in to Gia at my.mvphc.com and select *Well-Being*, and then *Begin Your Path to Well-Being*.

2 Complete Activities and Earn Points

Your WellBeing Rewards homepage is where you see what tasks you have completed and if any still need your attention. Download the *Well-Being Reimbursement* form and follow the instructions on the form to receive reimbursements.

3 Redeem Your Earned Points

Once you complete both the PHA and the health screening requirement, a *Redeem* button will be available on your WellBeing Rewards homepage.

! Issues signing in to Gia?

Call MVP eSupport at **1-888-656-5695**.

Important Dates to Remember

January 15

Your program will reset on your WellBeing Rewards 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.

More Information and Savings Online

To learn more about your benefit, sign in to Gia at my.mvphc.com and select *Well-Being*, then *Begin Your Path to Well-Being*. You may also call the MVP Customer Care Center at the phone number on the back of your MVP Member ID card.

To discover other ways MVP can help you save on purchases that support your well-being, select *Well-Being*, and then *Discounts*.

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.

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