

Welcome to 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 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 Required	50 points
Biometric Screening/Health Risk Screening	100 points
Online Classes (10 points each class completed)	50 points
Quarterly Well-Being Challenges (25 points each challenge completed)	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

New! Preventive Screenings	
Mammogram	30 points
New! Diabetic Screenings	
Diabetic Retinal Eye Exam	20 points
Diabetic Blood Test (Hba1c)	20 points
Diabetic Urine Test for Protein	20 points
New! Colorectal Cancer Screenings Points earned for completion of one screening	
Colonoscopy	30 points
FIT Test	20 points
Cologuard*	20 points

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,

Getting Started

1 Access Your MVP Online Account

Visit myphealthcare.com 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.