

# Your Path to Well-Being Starts Here

MVP Health Care<sup>®</sup> is committed to helping you along your path to better health. Our well-being programs are easier to use and more accessible than ever.

## \$600 Well-Being Reimbursement

Get reimbursed up to \$600 per contract, per calendar year, for well-being items, programs, and activities, including:

- Meditation classes and mindfulness apps
- Fitness memberships
- Activity tracking devices
- Fitness equipment
- Youth sports equipment
- Continuing education classes
- Museum admission and subscription fees
- Home security systems
- Ergonomic office equipment
- And much more

To learn more about your well-being benefit or to request a reimbursement, sign in to Gia<sup>®</sup> at [my.mvphealthcare.com](https://my.mvphealthcare.com).

## Personal Health Assessment

Take the online Personal Health Assessment, a short health questionnaire, to help you identify potential health risks and guide you to make lifestyle changes that are right for you.

## Well-Being Discounts

With the ChooseHealthy<sup>®</sup> program, you can save up to 55% on popular brands of health and wellness products.

Enroll in Active&Fit Direct<sup>™</sup> for \$28 a month\* and choose from thousands of fitness centers or at-home digital workouts.

## Living Well Programs

MVP offers a variety of programs—both in-person and virtual—to help you live well. Choose from a selection of classes and activities near you, such as physical fitness classes, wellness webinars, discount opportunities, and more! Visit [mvphealthcare.com/calendar](https://mvphealthcare.com/calendar) for more information.



\*Additional enrollment fee and applicable taxes apply.

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.