

WellStyle Extras

Rewarding members for taking meaningful steps toward better health

\$300 WellStyle Rewards

Achieving and maintaining your best health can be a challenge. WellStyle Extras from MVP Health Care can make it easier and more rewarding!

With WellStyle Extras, members can earn up to \$300 WellStyle Rewards (per contract) for completing a Personal Health Assessment (PHA) participating in personal lifestyle coaching by phone and completing self-guided health education courses online. You also will have opportunities to earn rewards for meeting recommended health guidelines.

Powerful Tools for Reaching Important Goals

GO ONLINE

MVP's online **Wellness Tools and Activities** can help you set, track and succeed at reaching the health improvement goals that are important to you. Plus, you can earn WellStyle Rewards for participating!

Personal Health Assessment (PHA)

If you could rate your health with a score from 1-100, do you wonder what your score would be? Find out by taking your Personal Health

Assessment and see how you stack up in the following health areas:

- Activity
- Diet
- Stress management
- Tobacco use
- Preventive health activities
- Sleep

The PHA only takes about ten minutes to complete. Once finished, you'll immediately receive a written report, a health score and a personal health improvement plan. It's also your first step toward earning \$300 WellStyle Rewards!

Self-Guided eCoaching Courses

To help you on the road to better health, WellStyle Extras includes easy-to-follow online health education courses. Each course (low-stress living, healthy eating, active living, and more) includes a series of classes that take you step-by-step toward meeting your goals. After each class, you will take a quiz to see what you've learned and earn WellStyle Rewards!



Guidance to Achieve Positive Lifestyle Changes

WORK WITH A HEALTH CARE PROVIDER

Your body mass index (BMI), blood pressure, blood sugar, total cholesterol and whether you use tobacco can tell you a lot about your risk for diseases like diabetes and cancer. Keeping these health measures within recommended ranges is one of the most important things you can do for your overall health.

You can earn WellStyle Rewards just by completing basic health screenings. If your screening results are within recommended ranges based on health guidelines, you can earn even more!

Simply contact your doctor's office to schedule an annual physical and have a health care provider complete a **WellStyle Rewards Health Screening Form**, then send it to MVP. You also may complete the form yourself and include a copy of your medical record if you have had screenings within the past 24 months.

"I encourage my patients to complete health screenings as part of routine preventive care. I am excited because now my patients can earn rewards for getting screened and achieving important health goals. This is great because screenings are so important in monitoring health, preventing disease and knowing when I need to work with my patients to get their results into recommended ranges. WellStyle Rewards will help strengthen the team approach I try to foster with my patients."

— **Joseph DiPoala, M.D.**
Ridgeview Internal Medicine Group
Rochester, New York



CALL A COACH

For members who are ready to achieve a healthier weight, stop smoking or reach for other healthy goals, **Personal Lifestyle Coaches** are just a phone call away with guidance and motivation.

Working with a lifestyle coach is:

- **Convenient:** Talk with a coach by phone once a week when it works with your schedule, with easy online tools for tracking progress.
- **Customized:** Health coaches tailor your program, talk through concerns and trouble spots, and offer motivation.
- **Successful:** Reach a goal, make a healthy change, and enjoy the rewards!

MVP offers personal lifestyle coaching programs (through our partnership with Healthyroads™, a subsidiary of American Specialty Health, Inc.) to help you with:

- Weight Management
- Tobacco Cessation
- Healthy Living (fitness, nutrition and stress management, along with help managing high blood pressure, high cholesterol, metabolic syndrome or pre-diabetes)

Once you become an MVP member, simply call **1-877-748-2746** to start your customized coaching program – and earn WellStyle Rewards for participating!



GET HELP FOR A CHRONIC CONDITION

Members who are living with asthma, chronic low back pain, depression, diabetes or a heart condition (heart attack or blockages) can benefit from MVP's **Condition Health Management Programs**.

- Eligible members will be contacted by MVP to participate in one of these programs.
- Participating members work with nurses, respiratory therapists, social workers and other health care professionals by phone.
- You will get the support you need to manage your condition and guidance when you experience a medical event.
- Setting and meeting personal goals are important — and challenging — parts of these programs. You can earn WellStyle Rewards by successfully completing a program!

**WellStyle Extras help you live well
in your own way, from MVP.**

www.mvphealthcare.com

