

Be Well Rewards

With MVP *Be Well Rewards*, you will earn a \$100 reward card after you complete your Annual Wellness Visit. Yes, one activity—it’s that simple!

Let’s Get Started

1 Schedule and Complete Your Annual Wellness Visit

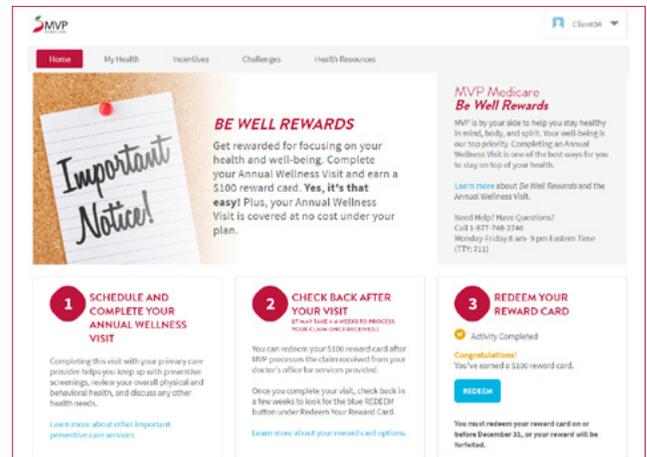
An Annual Wellness Visit with your Primary Care Provider (PCP) is one of the best ways to take charge of your health. Members can complete their Annual Wellness Visit either in-person or with virtual care.

2 Access Your *Be Well Rewards* Homepage

Sign in to Gia[®] at my.mvphealthcare.com and under Important Links select *Be Well Rewards*. Here you can:

- Check to see if your Annual Wellness Visit claim has been processed (Activity Completed)
- Redeem your \$100 reward card

Check your *Be Well Rewards* homepage a few weeks after you complete your visit. It may take four to six weeks to process your claim once your doctor’s office submits it to MVP.



3 Redeem Your Reward Card[†]

- Once you see “Activity Completed” select the REDEEM button
- Choose your preferred reward card
- A confirmation page will show your selection and shipping address

Questions?

Call **1-877-748-2746** (TTY 711) Monday–Friday, 8 am–9 pm Eastern Time

[†]Members must redeem their \$100 reward card on or before December 31 or the reward will be forfeited.

MVP Health Plan, Inc. complies with Federal civil rights laws. MVP Health Plan, Inc. does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex (including sexual orientation and gender identity).

An Annual Wellness Visit is a check-up that is fully covered by your MVP health plan.

This visit is not the same as a physical exam. Talk to your PCP or MVP Care Team about whether you need to have an annual physical exam.

Before your visit, your PCP will ask you to complete a Health Risk Assessment (HRA). The HRA asks about your health status, injury risks, and urgent health needs. During your visit, your PCP will:

- Record your height, weight, blood pressure, other basic measurements
- Review all your medications, including prescriptions and over-the-counter (OTC) drugs
- Assess your motor skills and safety risks (hearing screening, falling risk, ability to complete activities of daily living, and home safety)
- Screen for mental health and substance use disorders
- Ask about your medical and family history

If needed, your PCP may also refer you to health education or counseling for things like weight loss, fall prevention, tobacco use, or physical activity.

If you haven't already, talk with your PCP today about scheduling your Annual Wellness Visit.

If you need help getting to your *Be Well Rewards* homepage, scheduling your Annual Wellness Visit, or have questions about your health plan, please call the MVP Medicare Customer Care Center at **1-800-665-7924** (TTY 711). If you have an MVP DualAccess plan, call **1-866-954-1872** (TTY 711).

October 1–March 31, call seven days a week, 8 am–8 pm Eastern Time.

April 1–September 30, call Monday–Friday, 8 am–8 pm Eastern Time.



Member Tips:

- When you call to make your appointment, make sure you specifically ask to schedule your “Annual Wellness Visit”
- Always come prepared with your medical and family history, immunization records, a list of your current medications (prescribed and OTC), and any questions or concerns you may have

Be Well Rewards is administered in part by Healthyroads, Inc. (Healthyroads). Healthyroads[®] is a well-being program operated by American Specialty Health Management, Inc., (ASH Management). 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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