

\$600 MVP WellBeing Rewards

City of Rochester

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.

Earning Rewards is Simple

Earn up to \$400 for completing health-related activities.
Each point is equal to \$1.

Personal Health Assessment *Required* 50 points

Biometric Screening/Health Risk Screening	100 points
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Online Classes <i>(10 points each class completed)</i>	50 points
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Quarterly Well-Being Challenges <i>(25 points each challenge completed)</i>	100 points
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Email Tips Sign-Up	10 points
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COVID 19 Vaccination Attestation	25 points
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Well-Being Attestations

Preventive Screening	30 points
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Health Care Literacy	10 points
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Physical Fitness	10 points
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Mind & Spirit	10 points
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Surroundings	10 points
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Social	10 points
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Well-Being Events

(40 points each event completed)

Participate in a Wellbeing Event approved and sponsored by the City of Rochester (i.e. Workshop, Challenge, or Community Event)	120 points
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Connected! Activity Tracking

8,000 Steps or 30-Minute Workout	1 point
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Preventive Screenings

Mammogram <i>(Points awarded for two years until next screening is due)</i>	30 points
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Diabetes Screenings

Points awarded annually, if you are living with Diabetes

Retinal Eye Exam	20 points
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Blood Test (HbA1c)	20 points
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Urine Test for Protein	20 points
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Colorectal Cancer Screenings

Points earned for completion of one screening

Colonoscopy	30 points
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FIT Test/DNA/Cologuard®	20 points
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Sigmoidoscopy and CT Colonography	20 points
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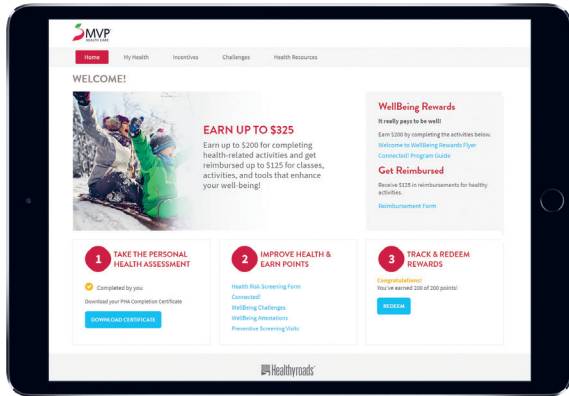
Fecal Occult Blood Test	20 points
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Receive Reimbursements

MVP will reimburse you up to \$200 for expenses associated with activities, tools, and online apps that enhance your well-being, like sport memberships, mindfulness apps, massage therapy, and more.

Get reimbursed for fitness equipment, health monitoring devices, and ergonomic equipment.

Getting Started



1 Access Your WellBeing Rewards Homepage

Sign in to Gia® at my.mvphealthcare.com and select *Well-Being*, 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 the Personal Health Assessment, 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 30

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.mvphealthcare.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 Digital, Inc., (ASH Digital), 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 Digital 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 Digital 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.

The Healthyroads program is provided by American Specialty Health Digital, Inc., a subsidiary of American Specialty Health, Inc. (ASH).

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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.

WellBeing
REWARDS

be active • choose healthy • earn rewards