$600 Well-Being Reimbursement

The MVP Well-Being Reimbursement Program empowers you to take control of your overall well-being by letting you choose products, services, or activities that help you achieve your personal goals.

Well-Being Your Way

MVP will reimburse you up to $600 per contract, per calendar year, for the things you do to improve your well-being. Do more of the things that make you feel well! MVP will reimburse you for them.



Request a Reimbursement

Sign in to Gia®, then select or tap *Well-Being*, and then *Request a Reimbursement*.

Follow the instructions to complete and submit your request online. You need to provide proof of purchase, and you will want to keep a copy of your receipts for your records. Please allow seven to ten business days to receive your reimbursement check.

If you are unable to submit your request online, download the Well-Being Reimbursement Request Form at **mvphealthcare.com/WellBeingForms**. (For paper forms, please allow four to six weeks to receive your check.)

To view your reimbursement balance or check the status of your request, sign in to Gia, then select or tap *Well-Being*.

Get reimbursed for the things that fit your well-being journey, like concerts and movie tickets, yoga and meditation classes or apps, nutrition counseling, ergonomic equipment for your home office, home security items, and so much more! *See other side for more eligible purchase items.*

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.

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Items and Services that Qualify for Reimbursement*

A valid receipt† is required for a purchase to be eligible for reimbursement.

Physical

- Activity tracking devices
- Bicycles and electric bicycles, including bike helmets, equipment, and shoes that clip into the pedals (e-bikes must have pedals to be eligible)
- Bone density fitness centers
- Camping equipment
- Clean eating online apps or cookbooks
- Fitness memberships, classes, and equipment
- Health coaches and weight support programs
- Health monitoring devices
- Insoles for running/walking shoes
- Kayaks and life jackets
- Meal delivery services (e.g., Hello Fresh, Blue Apron, Purple Carrot, Hungry Root)
- Running strollers
- Saunas
- Skis, ski boots, and ski passes/snowboards and snowboard boots/snowshoes
- Tobacco cessation courses
- Yoga classes and mats
- Youth sports classes, camps, and equipment for covered dependents

Social

- After-school programs
- Amusement park admission fees
- Club/organization fees
- Fees for community-based classes or continuing education (e.g., art classes, dance classes, cooking classes, etc.)
- Movie/concert/theater tickets
- Museum/aquarium subscription and entrance fees
- Music lessons and equipment
- Registration fees for walks or runs

Mind & Spirit

- Alpha-Stim® electrotherapy device for the treatment of anxiety, depression, and chronic pain
- Books, fiction and non-fiction
- Massage therapy with a licensed massage therapist
- Meditation classes and apps
- Mindfulness-based programs and apps
- Stress-reduction classes

Surroundings

- CPR lessons
- Air purifiers and humidifiers
- Ergonomic equipment (including sit and stand desks, feet and back supports, and other ergonomic items that support working from home)
- Handheld massager devices
- Home organizer/Feng Shui consultant and subscription fees
- Home/life organization apps and online tools
- Home security systems, motion detectors, and floodlights
- Light therapy lamps

This list does not represent every item or service that may be eligible for reimbursement. Please call the MVP Customer Care Center at the phone number on the back of your MVP Member ID card if you are unsure of eligibility.

The plan subscriber can submit for a reimbursement at any time during the year as long as they had active MVP coverage at the time of purchase and the reimbursement request is submitted within one year of purchasing the eligible item or service. Reimbursement applies only to date of purchase.

*Eligible items subject to change. See exclusions on the reimbursement request form.

† A valid receipt is not handwritten and includes the name of the retailer, item description, purchase amount, and date of purchase.