

MVP Medicare WellBeing Rewards



Earn Reward Points for Preventive Screenings and Important Doctor Visits

There's no paper form for you to submit to earn these points. Reward points will be earned automatically when MVP receives a claim from your doctor after a visit, or when you have a preventive screening or exam.

Annual Wellness Exam **40 points**

Every year

New for 2021! Can be completed via a telemedicine visit.

Colorectal Cancer Screening **10 points**

Complete one of the following:

- FIT Test every three years
- Cologuard® every year
- Colonoscopy every 10 years

Mammogram **20 points**

Every two years

Bone Density Screening **10 points**

Every year

Diabetic Screenings

Complete all three screenings every year if you're living with diabetes

Diabetic Retinal Eye Exam **10 points**

Diabetic Blood Test (HbA1c) **10 points**

Diabetic Urine Test for Protein **10 points**

Prostate Screening **10 points**

Every year

Flu Shot **10 points**

Every year

Dental Visit **10 points**

Every year

Vision Exam **10 points**

Every year

More Ways to Earn Reward Points

Report to Healthyroads® directly, either on your online member portal or by calling **1-877-748-2746** (TTY: 711). There's nothing more you need to submit to earn points for completing these activities.

Activity Attestations

Earn 10 points for each activity.

- **Have your hearing checked** and discuss concerns with your doctor.
- **Assess your physical activity level** with your doctor.
- **Discuss your mental health** with your doctor.
- **Try SilverSneakers®** online or at a gym.
- **Develop a plan to eat better** by learning about healthier food choices.
- **Have a virtual telemedicine visit** with your doctor.
- **Research money-saving programs** that can improve your financial position.
- **Improve your safety at home**, remove clutter or throw rugs that could lead to a fall.
- **Be social**, try a new community program like an MVP *Living Well* class.
- **Take care of your mind and spirit**, reduce stress, or read a book on the topic.

Take an Online Class

Earn 10 points for each class (50 points maximum).

Speak with an MVP Case Manager

Earn 20 points for a successful call with an MVP Case Manager about wellness goals or any health concerns. Call **1-866-942-7966** to speak with an MVP Case Manager.