

Earn points. Get rewards!

MVP Medicare WellBeing Rewards

Preventive Screenings and Important Doctor Visits

MVP Health Care® is committed to helping support you on your path to personal well-being. Earn up to \$200 in rewards for completing health and wellness activities. 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
In person visit, virtual care visit, or
Matrix in-home assessment

Colorectal Cancer Screening **10 points**

Complete one of the following for 10 points:

- Fecal Occult Blood Test (FOBT) once a year
- Sigmoidoscopy or CT Colonography once every five years
- FIT/FIT-DNA (Cologuard®) once every three years
- Colonoscopy once 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

Track Points and Redeem Rewards

You can redeem your rewards points once you've earned at least 50 points. One point is equal to \$1. Redeem points in \$50 increments, **up to \$200**. Choose your reward card from a selection of popular retailers.

Access Your WellBeing Rewards Program

Visit mvphealthcare.com/medicare and *Sign In* to your MVP online account, then select *Begin Your Path to Well-Being*. Or call Healthyroads®, MVP's wellness partner at **1-877-748-2746** (TTY: 711), Monday–Friday, 8 am–9 pm Eastern Time.

See other side for even more ways to earn points! 



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More Ways to Earn Your Reward Points

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

Activity Attestations

Earn 10 points each for attesting to completing the following activities.

- **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 care 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 completed class within your Healthyroads online account (50 points maximum).

Speak with an MVP Case Manager

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

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