





# WellBeing Rewards: Your path to being well.



Beginning January 1, 2019, MVP Health Care® will transition to a new WellBeing Rewards program. We've expanded our focus on member health to include everything that contributes to overall well-being—and, we're giving members more ways to earn rewards for making healthy choices.

## The Five Dimensions of a Healthy Lifestyle



Current Rewards Programs	<b>NEW! WellBeing Rewards Program</b> Replaces both WellLife and WellStyle Rewards programs upon group renewal beginning January 1, 2019.
<b>WellLife Rewards</b>  <ul style="list-style-type: none"> <li>• NY Small Group EPO/PPO <i>Liberty Plans</i></li> </ul>	<b>Earn up to \$325 in rewards:</b> \$200 for completing health-related activities plus \$125 in reimbursable Healthy Lifestyle Credits.  <b>Connected® activity tracker:</b> Earn points using a wearable fitness device.  <b>Online classes and content:</b> Great resources and support.  <b>Online challenges and attestations:</b> Complete these to earn points for other health initiatives.  <b>Also new for 2019:</b> <ul style="list-style-type: none"> <li>• Redeem rewards in \$50 increments</li> <li>• Earn points for biometric screenings, regardless of the results</li> <li>• All rewards must be redeemed by December 31.</li> </ul>
<b>WellStyle Rewards</b>  <ul style="list-style-type: none"> <li>• NY Large Group EPO/PPO/HDHP</li> <li>• VT Small Group Grandfathered HMO</li> <li>• VT Large Group HMO</li> <li>• ASO Buy-Up Option</li> </ul>	
<b>\$125 Healthy Lifestyle Credits</b>  <ul style="list-style-type: none"> <li>• NY Small Group HMO <i>Premier/Premier Plus Plans</i></li> </ul>	
<b>\$125 Healthy Lifestyle Credits</b>  <ul style="list-style-type: none"> <li>• NY Individual On-Exchange</li> <li>• NY Individual Off-Exchange</li> </ul>	<b>New York Individual On-Exchange and Off-Exchange plans will retain only \$125 Healthy Lifestyle Credits.</b>

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.