



# WellStyle Rewards **GET STARTED GUIDE**



EFFECTIVE 1/1/15



# CONGRATULATIONS!

Your health plan from MVP Health Care® includes WellStyle Rewards, a program that recognizes you for taking meaningful steps toward better health.

With WellStyle Rewards, you can earn up to \$300 (per contract, per year) for completing activities such as a Personal Health Assessment (PHA), meeting recommended health guidelines, or participating in a coaching program.

WellStyle Rewards are earned as points (1 point = 1 dollar).

You can visit our online redemption center to turn WellStyle Rewards into cash!



# EARNING WellStyle Rewards

## STEP 1

### COMPLETE YOUR PERSONAL HEALTH ASSESSMENT (PHA)

Completing the PHA is the first step toward earning WellStyle Rewards and is required for the contract holder and spouse before you are able to redeem points. You'll earn 25 WellStyle Reward points just for taking a few minutes to fill out the online PHA questionnaire. Once finished, you'll immediately receive a written personal scorecard about your current health status and a personal plan that you can use to improve your health.



To take your PHA, log in at [www.mvphealthcare.com](http://www.mvphealthcare.com), from the *Manage Your Account* page click on *Your wellness*. The PHA must be completed by both subscriber and spouse (if applicable) before points can be redeemed. Each person must log in individually to take the PHA.

## STEP 2

### EARN POINTS FOR COMPLETING A HEALTH RISK SCREENING FORM AND MEETING RECOMMENDED HEALTH GUIDELINES

After completing your PHA, both you and your spouse (if applicable) will need to submit a validated *WellStyle Rewards Health Risk Screening Form*. The screening form must be completed in full with values written-in, and screening dates must be on or after 1/1/13 to be valid.

To earn rewards, both you and your spouse can do one of the following:

- Make an appointment with your physician and have them sign the form, you will earn 100 points
- Attach a copy of your lab results and sign the form yourself, you will earn 25 points
- If your employer hosts an MVP-sponsored onsite health screening clinic at your worksite, your participation will automatically earn you 25 points for your screening submission

**Step 1 (PHA) and Step 2 (Screening Form) are required before you can start redeeming your WellStyle Reward points.**

You will also earn additional points if your screening results are within (or close to) recommended guidelines for good health. See page 6 for specific reward amounts.

Contact your doctor's office to schedule a routine physical to have a Health Practitioner complete the screening results section and sign or stamp the form. If you **AND** your spouse previously submitted a *Health Risk Screening Form* with a screening date in 2013 or 2014, you will automatically receive credit for any screening measures met and are not required to resubmit the form.

To check the date of your most recent submission, log in at [www.mvphealthcare.com](http://www.mvphealthcare.com), from the *Manage Your Account* page click on *Your Wellness*. Click on the *My Health* tab along the top and click on *Health Screening*. Your most recent biometrics data date will display in the center of the page.



After completing your PHA, Healthyroads may also reach out to you by phone to introduce you to the Healthyroads Lifestyle Coaching program.

## HEALTH SCREENINGS INCLUDE:

### TOBACCO FREE

You can earn 60 WellStyle Reward points by attesting that you have not used tobacco in the last 90 days.

### BODY MASS INDEX (BMI)

This is a measure of height and weight. If you are pregnant, you may submit your pre-pregnancy measure. You can earn up to 60 WellStyle Reward points for a healthy BMI (measured within last 24 months). Alternatively you can earn these 60 WellStyle Reward points by demonstrating a 5% reduction in your BMI if your BMI is > than 25.

### BLOOD PRESSURE

High blood pressure can put you at risk for heart attack or heart failure, stroke, kidney failure and other health conditions. You can earn up to 60 WellStyle Reward points for a healthy systolic (top number) and diastolic (bottom number) blood pressure measurement (within the last 24 months).

### CHOLESTEROL

High cholesterol can put you at risk for heart disease and stroke. You can earn 60 WellStyle Reward points for a healthy cholesterol result (measured within the last 24 months).

### BLOOD SUGAR/HbA1c

Keeping your blood sugar at an ideal level helps reduce your risk for diabetes and its complications. You can earn up to 60 WellStyle Reward points for a healthy fasting blood sugar or HbA1c result (measured within the last 24 months).

If you have been screened in the past 24 months and have evidence of your screening results (i.e. a copy of your medical record), you may submit that documentation with the completed *Health Risk Screening Form* in place of or in addition to a Health Practitioners' signature.

***Remember that you will only receive the 100 points for meeting with your physician if they sign your screening form annually.***

To be eligible for the 2015 WellStyle Rewards program, the screening form must be completed in full and submitted by 12/31/2015. It is important that your *Health Risk Screening Form* is filled in completely (even if you are attaching medical records). Incomplete screening forms will need to be resubmitted. You may submit a *Health Risk Screening Form* up to two times per year. Submitting the form a second time enables you to earn additional points for showing improvements to your BMI, cholesterol, blood pressure, fasting blood sugar or HbA1c, or for becoming tobacco-free.

All point values are per person, allowing both the subscriber and spouse to earn points for meeting recommended health guidelines.

To download a copy of the *Health Risk Screening Form*, log in at [www.mvphealthcare.com](http://www.mvphealthcare.com), from the *Manage Your Account* page click on *WellStyle Extras*.

### SEND YOUR COMPLETED FORM



**MAIL:** MVP WellStyle Rewards  
Healthyroads Customer Service  
C4-1, P.O. Box 509040  
San Diego, CA 92150-9040



**E-MAIL:** [mvpforms@ashn.com](mailto:mvpforms@ashn.com)  
with the subject line *MVP Screening Form*

- Forms **must be received by 12/31/2015** to count toward 2015 WellStyle Rewards.
- Keep a copy of the form for your records.
- It may take up to 30 days for your form to be processed and for your points to show up in your online incentive center.

tip

*In some instances, your cholesterol and fasting blood sugar results will not be available at the time of your office visit. In this case it is acceptable that your health care practitioner validate your height/weight and blood pressure with a signature and that you attach a copy of your lab results with the completed form to validate the cholesterol and fasting blood sugar measures. Your physician's office may also choose to keep the form, complete it when your lab results are returned and then send everything to your home. Talk to your physician about a process that works for both of you.*

## STEP 3 IMPROVE YOUR HEALTH

### ONLINE eCOACHING CLASSES

To help you on the road to better health, WellStyle includes easy-to-follow online health education classes. Choose from over 220 online classes and earn up to 50 WellStyle Reward points.

Our comprehensive library of online classes allows you to learn new information about ways to improve your overall health and well-being, and tactics to improve your fitness, quit smoking and manage stress.

- The online classes are divided into categories and sub-categories and are available for viewing in interactive formats on a computer, or via audio versions on a tablet or smartphone.
- All content is supported by printable handouts, and the entire script is available to view or print if so desired.
- Each class has a quiz to test members' learned knowledge. Quizzes include both true and false and multiple choice-type questions.
- There are currently over 220 classes available, with more classes continually being added throughout 2015.
- It is required that the quiz be completed in order for the member to receive incentive credit.

Each time you complete all the tasks and use the required tools for a class, you will earn a class certificate and 10 WellStyle Reward points.

To access eCoaching classes, log in at [www.mvphealthcare.com](http://www.mvphealthcare.com), from the *Manage Your Account* page click on *Your Wellness*.

### PERSONAL LIFESTYLE COACHING BY PHONE

When you're ready to work on your health improvement goals, call your coach! With WellStyle, you can take advantage of personalized, one-on-one lifestyle coaching by phone

and earn 200 WellStyle Reward points for every four sessions you complete, up to the maximum 300 annual WellStyle Reward points.

### Personal Lifestyle Coaching programs include:

- Weight Management
- Smoking Cessation
- Healthy Living (fitness, nutrition and stress management, along with help managing high blood pressure, high cholesterol, metabolic syndrome or pre-diabetes)

You can participate in up to 52 weekly coaching sessions each year. To schedule a session, call **1-877-748-2746**. Or to enroll online in a lifestyle coaching program, log in at [www.mvphealthcare.com](http://www.mvphealthcare.com), from the *Manage Your Account* page click on *Your Wellness*. Follow directions to walk through a series of coaching enrollment questions.

### NEW FOR 2015! CHOICE IS AT THE CENTER OF SUCCESS FOR ANY FITNESS PROGRAM.

You can now take advantage of the Healthyroads Connected!® program. Beginning in 2015, this program will allow you to more easily track and view your fitness activities from the wellness section of the MVP member site.

- Ability to track activity with more than 70+ wearable fitness devices/apps. Utilize free apps like RunKeeper, mapmyrun/walk, or iHealth. Or a device that you already use such as Nike+, or FitBit.
- Your number of steps taken, and/or duration of activity from each device or app will then display for you in the WellStyle member site.
- You can also check-in to a fitness facility and track activity with the Healthyroads proprietary CheckIn! app — available for use at 30,000+ fitness facilities nationwide. The app is available in the Apple® App Store<sup>SM</sup> (iOS) and the Google Play™ store (Android).



# List of REWARDABLE ACTIVITIES

POINTS PER MILESTONE	MAX ANNUAL POINTS
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1 point = 1 dollar

LEARN ABOUT YOUR PERSONAL HEALTH PROFILE				
Complete the Personal Health Assessment ( <i>required step for subscriber and spouse, if applicable, before points will accumulate</i> )		25	25	
EARN POINTS FOR MEETING RECOMMENDED HEALTH GUIDELINES				
<b>Submit a Validated Screening Form:</b> This is a required step for both subscriber and spouse before points will accumulate for redemption. <b>Must be received no later than 12/31/15.</b>				
Health Risk Screening Form (HRSF) must be completed in full with values written-in and be signed. Screening dates must be on or after 1/1/13 to be valid.	Members who engage with their physician in 2015, and have their physician sign their form, will receive 100 points	100	125	
	Members can receive 25 points for the following <sup>†</sup> :			
	• Submitting a copy of their lab results without physician signature (HRSF must be signed and dated by member)	25		
	• Attending and participating in an MVP-sponsored health screening clinic at their worksite	25		
	<sup>†</sup> If HRSF was submitted in 2014 with a screening date in 2013 or 2014, member will receive auto-credit for 25 points, and is not required to resubmit form	25		
Once your form is submitted with a valid screening date, you can earn points for:				
<b>Tobacco Free Goal</b> (for at least 90 days)		60	60	
<b>BMI</b> 60 points is the maximum allowed for this category	Optimal: 18 – 24.9 OR request a medical exception if member has a high % muscle mass that may distort BMI measures	60	60	
	Borderline: 25 to 29.9	30		
	If members' BMI is > 25 but demonstrates a 5% reduction	60		
<b>Blood Pressure</b>	<b>Systolic:</b>	Optimal: <120 mmHg	30	60
		Borderline: 121-139 mmHg	15	
	<b>Diastolic:</b>	Optimal: <80 mmHg	30	
		Borderline: 80-89 mmHg	15	
<b>Total Cholesterol</b>	Optimal: <200 mmHg OR Total Cholesterol / HDL Ratio <4.0	60	60	
	Borderline: 200-239 mmHg OR Total Cholesterol / HDL Ratio 4.0-4.5	30		
<b>Fasting Blood Sugar or HbA1c</b> Points will only be awarded for one of these measures	Optimal: < 100 mg/dL (or < 5.6% for HbA1c)	60	60	
	Borderline: 100-125 mg/dL (or 5.7 – 6.4% for HbA1c)	30		
MEET HEALTH IMPROVEMENT GOALS AND MANAGE YOUR HEALTH RISKS				
<b>Complete an Online eCoaching Class</b>		10	50	
<b>Complete Four (4) Personal Lifestyle Coaching Sessions</b> – Every member has access to 52 coaching sessions annually. Call <b>1-877-748-2746</b> to schedule a session.		200	300	
<b>Sign Up to Receive a Daily Wellness Email</b> – To sign up for a daily email login at <b>www.mvphealthcare.com</b> , and choose <i>Your Wellness</i> . Once in your wellness page select your name in the top right box which will lead you to <i>My Account</i> , click on the <i>Notifications</i> tab on the left side. Email preferences will then appear on the right to enable you to opt in for daily wellness emails.		10	10	

# REDEEMING WellStyle Rewards

Visit the online redemption center to turn your WellStyle Rewards into cash!

Simply log in at [www.mvphealthcare.com](http://www.mvphealthcare.com), from the *Manage Your Account* page click on *Your Wellness*.

- Once you have completed a rewardable activity, the WellStyle Reward points you have earned will be displayed within your online Redemption Center account.
- 1 WellStyle Reward point = 1 dollar.
- Dependents (age 18+) can help earn WellStyle Reward points, but only the subscriber can redeem points.
- All points need to be earned within the calendar year (1/1/2015 through 12/31/2015).
- Points cannot be redeemed until your *Health Risk Screening Form* (for both you and your spouse) has been submitted and your Personal Health Assessment (for both you and your spouse) is completed/updated. If you and your spouse submitted a *Health Risk Screening Form* in 2013 or 2014, you will automatically be credited for the form with 25 points and biometric measures met.
- *Health Risk Screening Form* must be signed by your physician in 2015 to receive 100 points for physician engagement.
- 150 points must be earned before a redemption can occur. WellStyle Rewards redemptions can be made in denominations of 150 or 300.
- Subscribers will have an opportunity to redeem remaining 2015 WellStyle Reward points through a one-time cash-out redemption option (for any denomination) that will be available between 1/1/2016 and 3/31/2016.
- Remaining 2015 WellStyle Reward points not redeemed by 11:59 pm on 3/31/2016 will not roll over to the 2016 program.
- If your contract terminates, all points in your bank will expire on your termination date.

## REDEEMING POINTS FOR A HEALTH SCREENING FORM

- Points awarded for submitting the *Health Risk Screening Form* may take up to 6 weeks to appear in your account.
- The *Screening Form* must be received prior to 12/31/2015 to earn points towards that calendar year; otherwise, points will be credited to the following calendar year.

## REDEEMING POINTS FOR PARTICIPATING IN TELEPHONE-BASED PROGRAMS

- Points for participating in lifestyle coaching may take up to 72 hours to appear in your redemption center account upon successful completion of the sessions or program.

## ABOUT YOUR REWARD

- Up to 300 WellStyle Reward points are available per contract, not per person.
- Please allow 4 to 6 weeks for your reward check to arrive in the mail.
- Due to processing time, if you redeem WellStyle Reward points late in the calendar year, MVP may issue your reward in the following calendar year. This may cause you to meet or exceed the \$600 non-taxed income threshold set by the IRS and would require MVP to file a *Form 1099*. Since WellStyle Rewards may be subject to tax, you should consult your tax advisor as to their proper treatment. If a *Form 1099* is filed, MVP will send a copy to the subscriber.



## GET STARTED WITH WELLSTYLE EXTRAS

Log in as a member on the MVP website at [www.mvphealthcare.com](http://www.mvphealthcare.com), from the *Manage Your Account* page click on *Your Wellness*.



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