

PROGRAM OVERVIEW WellStyle Rewards 2011

PROGRAM ACTIVITIES/ MILESTONES		REWARD CRITERIA Member may submit a validated Screening Form up to 2 times annually, prior to 12/31/2011. Member will be awarded additional points if improvements in tobacco cessation or BMI/blood pressure/cholesterol/fasting blood sugar reduction have been achieved.	POINTS PER MILESTONE	MAX ANNUAL POINTS	
Complete the Personal Health Assessment		Members access the <i>Personal Health Assessment</i> by logging in at mvphealthcare.com/member , clicking <i>WellStyle Extras</i> and following the directions on the Earn Rewards tab. This is a required first step before points will accumulate.	25	25	
Submit a Validated Screening Form		Must be completed in full and include (1) Health Practitioner Signature AND/OR (2) documentation of screening results within the last 24 months. Must be received no later than 12/31/2011.	75	75	
SCREENING MEASURES	Tobacco Free Goal	Member attests he/she has not used tobacco in the last 90 days	50	50	
	BMI Goal	Optimal: 18 - 24.9 OR Request a medical exception if member has a high % muscle mass that may distort BMI measures	50	50	
		Borderline: 25 - 29.9	25		
	Blood Pressure Goals	Systolic	Optimal: < 120 mmHg	25	25
			Borderline: 120-139 mmHg	15	
		Diastolic	Optimal: < 80 mmHg	25	
			Borderline: 80-89 mmHg	15	
	Fasting Total Cholesterol Goal	Optimal: <200 mm/dL OR Request medical exception if Total Cholesterol 200-239 and HDL > 60	50	50	
		Borderline: 200 - 239 mm/dL	25		
	Fasting Blood Sugar Goal	Optimal: <100 mg/dl	50	50	
Borderline: 100 - 125 mg/dl		25			

Members of MVP health plans with WellStyle Rewards also can use the following resources to help you reach your health goals and earn additional points.

PROGRAM ACTIVITIES/ MILESTONES		REWARD CRITERIA	POINTS PER MILESTONE	MAX ANNUAL POINTS
Complete an Online Course:		Members can access online courses by logging in at www.mvphealthcare.com/member , clicking <i>WellStyle Extras</i> and following the directions on the <i>Earn Rewards</i> tab. When all required tasks have been completed, members will receive a course certificate.	5 points per class. Can receive credit for completing up to 10 courses.	50
Exercise and Active Living	Healthy Living			
Living Tobacco Free	Low Stress Living			
Nutrition and Healthy Eating	Pain and Productivity			
Safe Living	Staying Healthy			
Weight Loss & Weight Control				
Complete 4 Personal Lifestyle Coaching Sessions:		Members have up to 52 free 30-min coaching sessions available to them annually and will be rewarded 50 points for every 4 sessions completed up to the \$300 max. To schedule a session, members may call: 1-877-748-2746	50 points per 4 sessions completed. Can receive credit for completing up to 24 classes.	Up to 300 max
Weight Management				
Smoking Cessation				
Healthy Living: (<i>Nutrition, Fitness, Stress Mgmt, High Blood Pressure/High Cholesterol/Pre-Diabetes Mgmt</i>)				
Participate in an MVP Condition Health Mgmt Program:		Members earn points by actively participating until program goals are achieved. Members may self-refer to a program by calling: 1-866-942-7966	100	100
Asthma Care	Diabetes Care			
Cardiac Care	Low Back Care			
Depression Care				