

Be Well Rewards

With MVP **Be Well Rewards**, you'll earn a \$100 reward card after you complete your Annual Wellness Visit. Yes, one activity—it's that simple!

Let's Get Started

1 Schedule and Complete Your Annual Wellness Visit

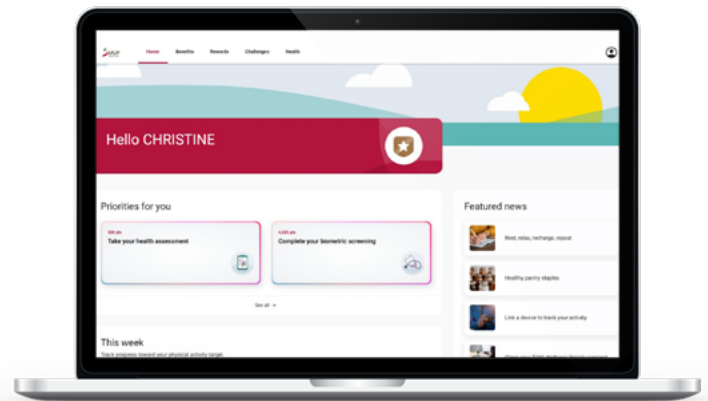
An Annual Wellness Visit with your Primary Care Provider (PCP) is one of the best ways to take charge of your health. Members can complete their Annual Wellness Visit either in-person or with virtual care. You must complete your Annual Wellness Visit between January 1 and December 31, 2026 in order to redeem your \$100 reward card.

2 Access Your **Be Well Rewards** Homepage

Sign in to Gia[®] online at **my.mvphealthcare.com** or the *Gia by MVP* mobile app and then select or tap *Well-Being*, then *Check My Status/Redeem Now*. This will bring you to your **Be Well Rewards** homepage, powered by Vitality.

When your reward activity is marked complete, you will see a confirmation message pop up on your homepage.

Check your **Be Well Rewards** homepage a few weeks after you complete your visit. It may take four to six weeks to process your claim once your doctor's office submits it to MVP.



3 Redeem Your Reward Card[†]

Select *Choose Reward Card* and follow the instructions to confirm your selection and shipping address (if choosing a physical reward card).

! Questions?

Call Vitality at **1-877-224-7117**, Monday–Friday, 8 am–5 pm Central Time or email **wellness@powerofvitality.com**.

[†]Members must redeem their \$100 reward card on or before December 31 or the reward will be forfeited. Members can self-attest to completing their Annual Wellness Visit on their **Be Well Rewards** homepage, on or before December 31, if the claim for their visit is not processed by November 30.

An Annual Wellness Visit is a check-up that is fully covered by your MVP health plan.

This visit is not the same as a physical exam. Talk to your PCP or MVP Care Team about whether you need to have an annual physical exam.

Before your visit, your PCP will ask you to complete a Health Risk Assessment (HRA). The HRA asks about your health status, injury risks, and urgent health needs. During your visit, your PCP will:

- Record your height, weight, blood pressure, other basic measurements
- Review all your medications, including prescriptions and over-the-counter (OTC) drugs
- Assess your motor skills and safety risks (hearing screening, falling risk, ability to complete activities of daily living, and home safety)
- Screen for mental health and substance use disorders
- Ask about your medical and family history

If needed, your PCP may also refer you to health education or counseling for things like weight loss, fall prevention, tobacco use, or physical activity.

If you haven't already, talk with your PCP today about scheduling your Annual Wellness Visit.



Member Tips:

- When you call to make your appointment, make sure you specifically ask to schedule your “Annual Wellness Visit”
- Always come prepared with your medical and family history, immunization records, a list of your current medications (prescribed and OTC), and any questions or concerns you may have



The MVP **Be Well Rewards** program was created and is administered by MVP Health Care and powered by Vitality where your privacy is a top priority. Vitality maintains the highest level of confidentiality with all of the information they receive from their members. For any questions about using the Vitality platform or redeeming your rewards, please contact a Vitality Customer Care Representative at **1-877-224-7117**, Monday–Friday, 8 am–5 pm Central Time or email **wellness@powerofvitality.com**.