

CVT Wellness PPO Plan with Blue Shield of California network

How to Get Started

Congratulations on taking the next step in improving your health! With the CVT Wellness PPO Plan with Blue Shield of California, you'll gain access to valuable wellness resources and have the opportunity to earn up to \$400 in wellness credits to reimburse you for deductible and coinsurance expenses for you and your family. This plan is designed to cover your basic and comprehensive health-related needs. This guide will answer frequently asked questions and walk you through how to activate your plan and take advantage of the tools and resources.

How to get started:

1. First, simply by enrolling in the Wellness PPO plan, **CVT has awarded both you and your spouse/domestic partner \$75 in wellness credits** to be used for out-of-pocket health expenses.
2. **To continue to earn credits, log in to the Blue Shield of California's Wellvolution website:** Visit **www.mywellvolution.com** and click on "Ready, Set, Go."
 - a. **Verify Eligibility:** Enter your first name, last name, and ZIP code to confirm your eligibility.
 - b. **Create your Well-Being Account:** Enter the prompted fields to register for the Wellvolution site and upon completion, begin the Well-Being Assessment.
 - c. **Begin Tracking your Well-Being:** Complete questions for all 6 domains of Well-Being. You and your spouse/domestic partner can **earn a \$75 credit each for completing the Well-Being Assessment** online. You will learn what steps you can take to make the biggest improvements in your lifestyle and your health. **Note: You must complete your Well-Being assessment by 9/30/2014.**
3. **Join Daily Challenge** and begin to make small changes that add up to big results! Each day you'll receive an email with a simple and easy-to-complete wellness-related task. You'll earn points for completing the challenge, and bonus points for connecting with your friends. For every 5,000 points you accumulate on Daily Challenge, you'll earn **\$50 in wellness credits**. The maximum amount of credits you may earn through Daily Challenge is **\$150 in wellness credits**. To enroll, simply click on the Daily Challenge icon once you've created your Well-Being account. If you are already a member of Daily Challenge, you will be prompted to link your account to the new site. Please follow the prompts to ensure that your points will be tracked for rewards.
4. **Personal Choice Activity:** By participating in the group activity of your choice, you and your spouse/domestic partner can each **earn \$25 in wellness credits, up to \$50 each per plan year**. To record your activity, go to **www.cvtrust.org** > Products > Medical Plans > then click on *Personal Choice Activity Form* listed under Wellness Plans. Complete the short form, then send it to CVT by email, fax or mail. All addresses are provided on the form. Your Personal Choice wellness credit will be added to your wellness reward summary within two to three weeks. Examples of qualifying activities are exercise classes, regular exercise with a partner,

community fun runs, marathons, recreational sports such as baseball, basketball, racquet ball, tennis, and regular use of your gym membership.

5. When you complete your annual **Preventive Care Visit**, you and your spouse/domestic partner can each **earn \$75 in wellness credits**. To earn your credits, bring the *Annual Preventive Visit Form** to your doctor's appointment. After the exam ask your physician to complete the section of the form that indicates values for blood pressure, height, weight, and smoking status. Both you and your doctor will need to sign the form. Once the form is complete, send it to HealthComp. (See the form for instructions.) In 7 to 10 days, you will see this credit posted to your account at HCOOnline.
6. **Prenatal Program:** This program provides expectant mothers with helpful advice, useful resources, and text messages designed to promote maternal and child health. If you are pregnant, or planning to get pregnant, you can **earn \$50 in wellness credits by enrolling** in the Prenatal Program. To get started, complete the *Prenatal Form** and fax to both Blue Shield and HealthComp. The fax numbers are on the form.

***Where to find the *Prenatal Form* and the *Annual Preventive Visit Form*:**

- a. The forms may be downloaded from the CVT website at www.cvtrust.org > Products > Medical Plans. Scroll down to Wellness Plans and select the form posted under Blue Shield Wellness Plan.
 - b. You are also welcome to call **CVT member services** at **(800) 288-9870** to request that a form be mailed to you.
7. Enrollment in the **Alere Health Management** program for any of the conditions contracted for CVT members will give you and your spouse/domestic partner each **\$50 in wellness credits**. Note: Parents and guardians, you may enroll in an Alere Health Management program on behalf of your child to learn tips on how to help them lead healthier lives. You will earn the \$50 in wellness credits. To enroll in an **Alere Health Management program, call (877) 864-1327**.
 8. **Alere Health Management Prescription Copay Incentive:** As a Wellness PPO Plan member, **you are eligible for reduced prescription copayments on your condition-related prescriptions, if you are actively enrolled in one of the health management programs listed below, and working with a condition care nurse**. Once enrolled, your prescription discount is automatically processed. If you'd like more information about this program, please call (877) 864-1327. You may also be contacted by an Alere representative.

This program includes:

- Reduced copays for being actively enrolled and participating with an Alere nurse for the following conditions: **Asthma (*adult & pediatric*), Chronic Obstructive Pulmonary Disease (COPD), Coronary Artery Disease (CAD), Diabetes, and Heart Failure**
- Copays will be reduced by one tier for prescription drugs related to identified, eligible conditions for both retail and mail-order.
- Incentive will go into effect after completion of first call with an Alere nurse.

- You must remain an active participant in the Alere program. This means completing all of your scheduled calls with the nurse assigned to you.
- No claim form is necessary, prescription copays will be reduced at point of sale at pharmacy.

Now that you've signed up and you're on your way to a healthier lifestyle, here's how your credits can work for you.

How credits work:

1. The CVT Wellness PPO Plan with Blue Shield of California is administered through a partnership between CVT, Blue Shield and HealthComp.
 - **Blue Shield of California:** To complete your Well-being assessment, create an account by visiting **www.mywellvolution.com**
 - **Daily Challenge:** Once you have completed your Well-Being Assessment, click on the Daily Challenge icon to enroll in the program. You will begin receiving emails the next day and begin earning points.
 - **HealthComp:** To view your earned credits, visit the HealthComp website at **www.healthcomp.com** , and follow these steps:
 1. Click on **Members**, then click on **HCOOnline**
 2. Enter your Social Security number (omitting dashes) in the username field.
 3. Enter your birth date in the password field. The format is the four-digit year, two-digit month and two-digit day. For example, if your birth date is January 5, 1962, enter 19620105.

NOTE: It is the responsibility of all members to change their Username and Password and keep it confidential. To change your username and/or password, click on User Account.
2. You and your spouse/domestic partner will have the opportunity to earn up to \$400 each year. Your credits must be earned and deposited to your wellness account at HealthComp before you can use your wellness credits toward your out-of-pocket deductible and coinsurance expenses. At the end of the benefit year, any unused credits can be rolled over to the next benefit year if you re-enroll in the Blue Shield of California Wellness Plan. Each individual and covered spouse/domestic partner can roll up to \$1,000 each to the next benefit year.
 - To view your earned credits, visit **www.healthcomp.com**, and click on HCOOnline to register and view your wellness account summary. Be sure to keep your new username and password handy for future reference.
 - Credits can be applied to any deductible or coinsurance expenses for you, your spouse/domestic partner, or enrolled dependents.
 - Banked credits will be used toward your out-of-pocket deductible and coinsurance expenses when your claim is processed. Your Explanation of Benefits (EOB) will show the portion of your claim that has been paid with your wellness credits.

- Credits can be used only while enrolled in the Wellness Plan. If you switch plans, you forfeit your credits.

We are in this with you.

At CVT, we want to help you be an active participant in your own healthcare plan. The more you get involved in developing and maintaining a healthy lifestyle, the more it can directly affect your quality of life and healthcare costs. We want to help our members with their preventive and health initiatives and we believe they should be rewarded for it. For more information about plan details, or implementing any of the wellness programs, please contact **CVT Member Services** at **(800) 288-9870**. For questions about your claims or wellness credit processing, please contact **HealthComp** at **(800) 442-7247**. We're ready to help.