



## Anthem Blue Cross Wellness PPO Plan 2018-19– Rewarded for Wellness

*Congratulations on taking the next step in improving your health! With the Anthem Blue Cross Wellness PPO plan, you'll gain access to valuable wellness resources and have the opportunity to earn up to \$400 in reimbursement credits for out-of-pocket health expenses for you and your family.*

*This guide will walk you through how to activate your plan and take advantage of the tools and resources.*

### Quick Start

#### Step 1

Register or Log-  
In on  
Anthem.com/ca

#### Step 2

Complete your  
Health Assessment

Go to [anthem.com/ca](http://anthem.com/ca) >  
Health & Wellness tab >  
under Healthy Lifestyles  
> select *Get Started* >  
*Accept terms/conditions*  
> *submit* > select *Well-Being Assessment*

#### Step 3

Follow this guide  
to complete your  
wellness activities  
and earn your  
credits.

Incentive	Ways to Earn	How to report/View Completed Activities
<b>Well-Being Assessment (WBA)</b>	You and your spouse/domestic partner can each earn a \$50 credit for completing the Well-Being Assessment.	Go to the Health & Wellness tab, select “Get Started” in the <i>Healthy Lifestyles</i> section. The completed WBA contributes 2,500 points to your <i>Healthy Lifestyles</i> program.
<b>Healthy Lifestyles Program</b>	You and your spouse/domestic partner can earn \$75 in wellness credits per program milestone, up to \$225 by using the focus areas from your Well-Being Assessment.	Healthy Lifestyle Milestone #1 3,000 pts = \$75 Healthy Lifestyle Milestone #2 5,000 pts = \$75 Healthy Lifestyle Milestone #3 10,000 pts = \$75
<b>Personal Choice Activity</b>	You and your spouse/domestic partner can earn \$25 in wellness credits for incorporating regular physical exercise into your lifestyle.	To record your activity, go to <a href="http://www.cvtrust.org">www.cvtrust.org</a> > Products > Medical Plans> then click on <i>Personal Choice Activity Form</i> listed under Wellness Plans. Complete the form and send it to CVT.
<b>Preventive Care visit</b>	When you complete your Preventive Care visit (such as a mammogram, or annual visit), you and your spouse/domestic partner can each earn \$75 in wellness credits. This needs to be Self-reported	Once you login into Health & Wellness tab, Select “Ways to Earn”, then under Annual checkup select “Confirm”. Then choose the date of checkup, name of the Physician/Provider/Location of where it was completed and submit confirmation.
<b>Future Moms</b>	This program provides expectant mothers with telephone access to nurses to discuss pregnancy concerns and assess their risk for preterm delivery, depression or other complications. To get started, please call 1-866-664-5404.	The following rules apply: o Tier 1, \$50 credit: Initial assessment must be completed in first trimester, at least 183 days before due date o Tier 2, \$50 credit: Interim assessment must be completed at least one day before due date o Tier 3, \$50 credit: Completion of postpartum assessment must be completed by 56 days post delivery

<p><b>ConditionCare</b></p>	<p>As a Wellness PPO Plan member, if you were actively enrolled and engaged with nurse coaching in one of the health management programs listed below, you can earn \$50 in wellness credits.</p> <ul style="list-style-type: none"> <li>• Asthma</li> <li>• Chronic Obstructive Pulmonary Disease (COPD),</li> <li>• Coronary Artery Disease (CAD),</li> <li>• Diabetes, types 1 and 2 (pediatric or adult)</li> <li>• Heart Failure (HF)</li> </ul>	<p>Call 1-800-621-2232 to enroll</p>
<p><b>Accordant Care Health Management</b></p>	<p>You and your spouse/domestic partner can each earn \$50 in wellness credits.</p>	<p>Members and caregivers receive help with Rheumatoid Arthritis, Epilepsy, Crohn’s Disease, Ulcerative Colitis, Multiple Sclerosis, Lupus, Parkinson’s Disease, HIV and nine other conditions. Call <b>1-800-948-2497 M-F 5 am to 6 pm</b> to enroll for FREE.</p>
<p><b>MDLIVE</b></p>	<p>As a Wellness PPO Plan member, you will earn \$50 in wellness credits if you utilize MDLIVE. There is a limit of one utilization credit per plan year.</p>	<p>MDLIVE provides on demand access to board certified doctors 24/7 by phone or secure video at <a href="http://www.mdlive.com/cvt">www.mdlive.com/cvt</a> or 1-888-632-2738.</p>
<p><b>Solera4ME</b></p>	<p>If you sign-up for Solera4Me, a diabetes prevention program, you will receive \$50 in wellness credits.</p>	<p>To see if you qualify, take the one-minute quiz at <a href="http://solera4me.com/cvt">solera4me.com/cvt</a></p>

To view your earned credits, visit [www.anthem.com/ca](http://www.anthem.com/ca), enter your log in information in the *Member Log In* box, then click on the **Completed Activities** tab or call Anthem Blue Cross at (800) 234-4333.

At CVT, we want you to be an active participant in your own healthcare plan. For more information about plan details, or implementing any of the programs, please contact CVT Member Services at **1-800-288-9870** or Anthem Blue Cross Member Services at **1-800-234-4333**. We’re ready to help.