

Your CVT Wellness PPO Plan with Blue Shield of California for 2019-2020

Congratulations on taking the next step in improving your health. With your CVT wellness plan, you'll get to participate in fun and valuable wellness programs 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. In fact, CVT has awarded you and your spouse/domestic partner \$50 each in wellness credits to be used for out-of-pocket expenses simply by enrolling in the wellness plan.

Here are all the ways you can earn the rest of your credits:

Wellvolution – Your proven path to a healthier lifestyle

We've redesigned Wellvolution® to give you an all-new digital platform for health and well-being.

It offers scientifically backed apps and programs to help you achieve your health goals – at no extra cost.

You choose the areas to focus on, and Wellvolution recommends apps or programs to help you meet your goals:



Prevent and reverse disease



Manage stress



Sleep better



Eat healthier



Move more



Ditch cigarettes

blue shield of california | Wellvolution Log In Register

Meet the Proven Path to real health

What goals could you accomplish if you could move, sleep, and breathe easier? With digital tools, a personalized weekly task plan or coaching sessions, Wellvolution helps you reach those health goals.

[Build your path](#)

98%
98% of people who start our programs not only finish but also rave about their experience.

91%
91% of participants report feeling healthier.

The best apps and programs on the market working for you.

Get started with Wellvolution today!

1. Visit wellvolution.com to set up your new account (even if you've signed up before).
2. Answer a few questions about your health goals.
3. Discover the apps or programs that are right for you.

Once you've signed up and downloaded an app or selected your program, you will earn a **\$100 wellness credit**.

A digital platform for health and well-being

Focus

Stay on track and progress along your proven path

Support

Receive digital reminders, motivation, and engagement

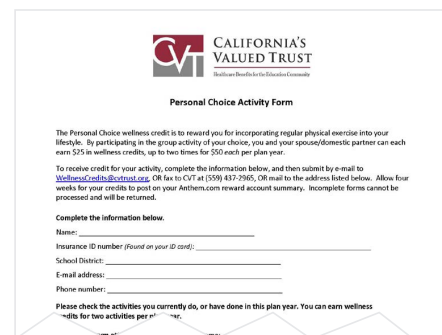
Results

All backed by real science for positive changes

Personal Choice activity

By participating in a group activity of your choice, you and your spouse/domestic partner can each **earn \$50 in wellness credits, up to \$100 each per plan year**. Examples of qualifying activities are exercise classes, regular exercise with a partner, community fun runs, marathons, recreational sports, and regular use of your gym membership.

To make sure you get credit, complete the Personal Choice Activity Form,¹ then send it to CVT by email, fax, or mail. All addresses are provided on the form.



The image shows a form titled "Personal Choice Activity Form" from California's Valued Trust. The form includes instructions on how to earn wellness credits by participating in group activities. It provides contact information for submitting the form via email, fax, or mail. The form also contains fields for personal information such as Name, Insurance ID number, School District, Email address, and Phone number. At the bottom, there is a section for checking off activities currently done or planned for the year.

Annual preventive visit

When you complete your annual preventive care visit, you and your spouse/domestic partner can each **earn \$100 in wellness credits**. To earn your credits, bring the Annual Preventive Visit Form² to your doctor appointment. After the exam, ask your doctor 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.)

Accordant Care Management program

Enrollment in the Accordant Care Management program will give you and your spouse/domestic partner each **\$50 in wellness credits**. Note: Parents and guardians – you may enroll in an Accordant program on behalf of your children to learn tips on how to help them lead healthier lives. You will earn the \$50 in wellness credits. To enroll in an Accordant program, call **(800) 948-2497**.

Accordant program prescription copay incentive

You are eligible for reduced prescription copayments on your condition-related prescriptions if you are actively enrolled in this program and working with a condition care nurse. Once you're enrolled, your prescription discount is automatically processed. If you'd like more information about the Accordant Care Management program, please call Accordant at **(800) 948-2497**. You may also be contacted by an Accordant Representative.

- Prescription copays will be reduced when you are actively enrolled and participating with an Accordant nurse, or have the following conditions: ALS, CIDP, dermatomyositis, MG (Myasthenia Gravis), Parkinson's disease, polymyositis, scleroderma, epilepsy, sickle cell disease, Crohn's disease, cystic fibrosis, Gaucher disease, hemophilia, HIV (Human Immunodeficiency Virus), multiple sclerosis, rheumatoid arthritis, lupus, and ulcerative colitis.
- Copays for prescription drugs related to identified, eligible conditions will be reduced by one tier for both retail and mail-order purchases.
- Incentives will go into effect after the completion of your first call with an Accordant nurse.
- You must remain an active participant in the Accordant program. This means completing all 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.

Solera4me Lifestyle Change Program

Take a one-minute quiz at solera4me.com/cvt or call **(877) 486-0141** to see if you qualify for this 16-week diabetes prevention program. You'll earn **\$50 in wellness credits** by enrolling.

MDLive

Register and use the services of MDLIVE, 24/7 access to board-certified doctors by phone or secure video and earn a one-time **\$50 wellness credit**. Register at **MDLIVE.com/cvt** or call **888-632-2738** to get started.

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

How to view your earned credits

The CVT Wellness Plan with Blue Shield of California is administered through a partnership between CVT, Blue Shield, and HealthComp. HealthComp is the company that processes your claims and manages your wellness credits.

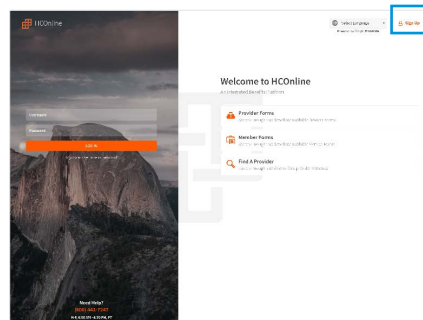
To register for an account and to view your earned credits, visit HealthComp at **healthcomp.com** and follow these steps:

1. Click *Members*.



2. Click *Log in to HCOOnline*.

3. In the upper-right corner, click *Sign up*. From the drop-down menu, click *Member*. This will open the New User Registration wizard.



4. In the Verification step of the New User Registration wizard, enter your Social Security number (with no dashes), date of birth (MM/DD/YYYY), and home ZIP code (#####). Check the "I'm not a robot" checkbox. Click *Next*.

5. In the User Account step of the New User Registration wizard, enter your email account, username, password, security question, and security question answer. Click *Create New User*.

6. To complete registration, HCOOnline will send a confirmation to your email address. Access your email and click the link within the email confirmation. This completes the registration process.

How are credits used or redeemed?

Credits can be applied to any deductible or coinsurance expense for you, your spouse/domestic partner, or enrolled dependents.

Your credits must be earned and deposited into your account at HealthComp before you can use your wellness credits toward your out-of-pocket deductible and coinsurance expenses. When a claim is being processed, and if credits are available, HealthComp will automatically apply those credits toward the claim.

How long does it take for earned credits to show in my account?

Credits for most activities are deposited into your account within two weeks. Allow up to 45 days for Solera4Me or Accordant program credits to be deposited into your account.

What happens to unused credits at the end of the benefit year?

At the end of the benefit year, unused credits will be rolled over to the next benefit year if you re-enroll in the CVT Wellness Plan with Blue Shield of California. Individuals and covered spouses/domestic partners can roll over up to \$1,000 each to the next benefit year.

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

We are here for 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 take preventive and health initiatives, and we believe they should be rewarded for their activity. For more information about plan details or 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**.

1 Taxes may apply. Individuals must be at least 18 years old to purchase a membership.

2 The forms can be downloaded from the CVT website at cvtrust.org by clicking on Products, then Medical Plans. Scroll down to Wellness Plans and select the form posted under CVT Wellness PPO Plan with Blue Shield of California. You can also call CVT member services at **(800) 288-9870** to request that a form be mailed to you.

Solera4me.com is owned and operated by Solera Health in partnership with major health plans and a national network of CDC-recognized Diabetes Prevention Program Services.

Wellvolution is a registered trademark of Blue Shield of California. Wellvolution and all associated digital and in-person health programs, services, and offerings are managed by Solera, Inc., a health company committed to changing lives by guiding people to better health in their communities.