

Earn up to \$400 with your CVT Wellness PPO plan



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 redeemable as pre-paid gift cards.

Here's how to start earning:

Step 1

Complete the following to earn your first \$200:

Annual preventive exam

Kickstart your earnings by scheduling your annual preventive exam.* If you can't schedule it right away, you can still begin the other activities that follow. Those rewards will trigger once you are able to complete your annual exam and complete the Health Assessment in EngagementPointSM.

Health Assessment

Register for EngagementPoint and complete the online Health Assessment. This helps EngagementPoint to customize your experience with the app and helps you to track your health progress.

Step 2

Complete any of the following to earn up to \$200:

- Enroll in a wellness program or app on Wellvolution®: **\$100**
 - Access Wellvolution by navigating to the Wellvolution tab in the EngagementPoint main menu.
- Complete a mammogram or colorectal cancer screening: **\$50***
- Complete a cholesterol screening (lipid panel): **\$50***
- Complete EngagementPoint Wellbeing Journeys: **\$50 each (up to \$100)**
- Connect an activity tracking device to the EngagementPoint app† and track 10,000 steps per day for three days in a row: **\$100**

Please note: You must complete the activities in step 1 to be eligible to earn the rewards in step 2.

* Please allow up to 60 days from your appointment for the claim to be processed by Blue Shield to receive this wellness credit.

† These tracking devices can include Apple Health, Google Fit, Fitbit®, Garmin, iHealth, Misfit, and more.

We are here for you. For plan details, please contact CVT Member Services at **(800) 288-9870**. For questions about your claims, please contact Blue Shield of California at **(888) 499-5532**.

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