

Your CVT Wellness PPO Plan with Blue Shield of California for 2022-2023

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 Amazon.com Gift Cards.

You will earn your first \$200 Amazon.com Gift Cards by completing your annual preventive exam & registering and completing the online Health Assessment on the Engagement Point all-in-one app that will provide you the ability to tap into your health plan details. Your second \$200 worth of Amazon.com Gift Cards can be earned by completing any combination of the activities detailed below. You must complete the activities in step 1 to be eligible to earn the rewards in step 2.

Here are all the ways you can earn your rewards:

Step 1:

- Complete your **annual preventive exam**. Once the visit is complete and the appointment processed by Blue Shield's claim system, you will earn the wellness credit. Please allow up to 60 days for the claim to be processed.
 - If you cannot complete this step until later in the plan year you can still complete the other activities and the rewards will trigger once you are able to complete your wellness exam.
- Register and complete the online Health Assessment on the EngagementPoint app.
- When you complete your appointment and register and complete the online Health Assessment, you and your spouse/domestic partner can each earn **\$200** as a redeemable Amazon.com Gift Card.

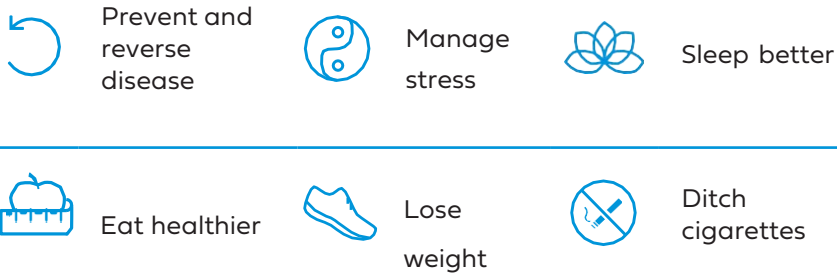
Step 2:

- Complete your Wellvolution assessment and enroll in a wellness program/app - **\$100 Amazon.com Gift Card**.
- Complete a Mammogram or Colorectal Cancer Screening - **\$50 Amazon.com Gift Card**. Please allow up to 60 days from your appointment for the claim to be processed.
- Complete a Cholesterol Screening (lipid panel) - **\$50 Amazon.com Gift Card**. Please allow up to 60 days from your screening appointment for the claim to be processed.
- Complete EngagementPoint Wellbeing Journeys - **\$50 each** up to **\$100 Amazon.com Gift Cards**
- Connect a tracking device to the EngagementPoint app such as Apple Health kit, Google Fit, Fitbit, Garmin, iHealth, Misfit and track **10,000 steps** a day for three 3 days - **\$100 Amazon.com Gift Card**.

Looking to get healthy? Reach your health goals with Wellvolution

Wellvolution® has over 50 tested apps and programs to help you reach your health goals. Sign up today at no additional cost, and we'll find the right apps and programs to meet your needs.

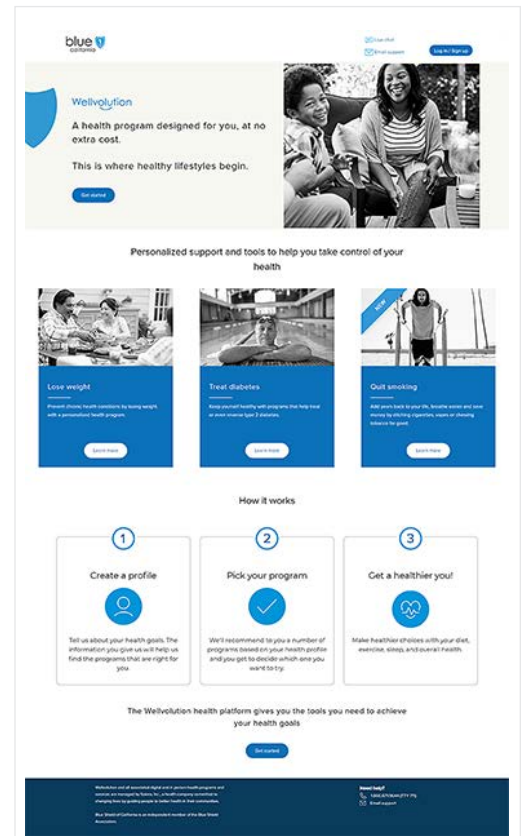
You choose the areas to focus on, and Wellvolution recommends apps or programs to help you meet your goals:



Get started with Wellvolution today!

1. Visit wellvolution.com to set up your new account
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 Amazon.com Gift Card**.



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

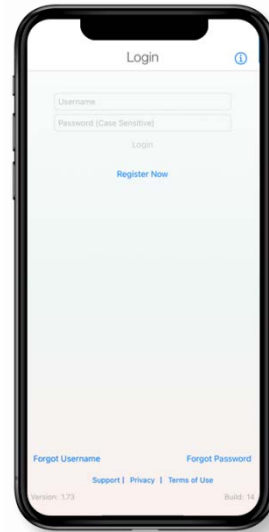
Now that you've signed up and you're on your way to a healthier lifestyle, learn how your rewards can work for you.

How to view and redeem your earned incentive

The CVT Wellness Plan with Blue Shield of California is administered through a partnership between CVT and Blue Shield.

To register for an account and to view your progress, visit engagementpoint.com and follow these steps:

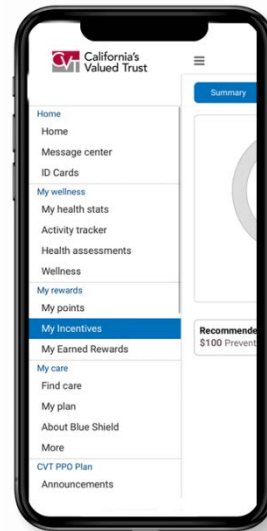
1. In a web browser, navigate to engagementpoint.com. If you have a mobile device, download the app from the Apple App Store or Google Play store. If you have already registered, enter your username and password to access the site. If you have not registered, please create an account. Click *Register Now* to access the site.



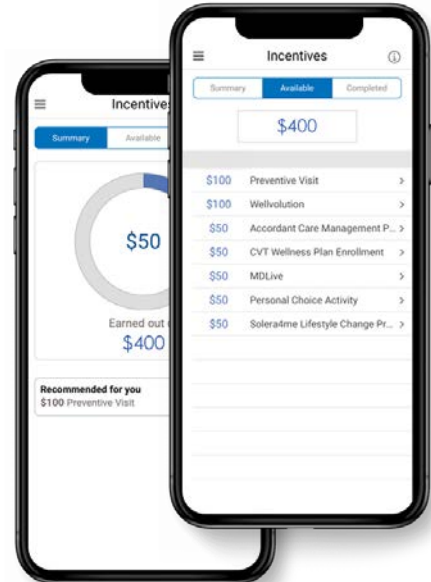
2. On the *Register Your Account* screen you can set up your account with your first name, last name, member ID card number and date of birth.



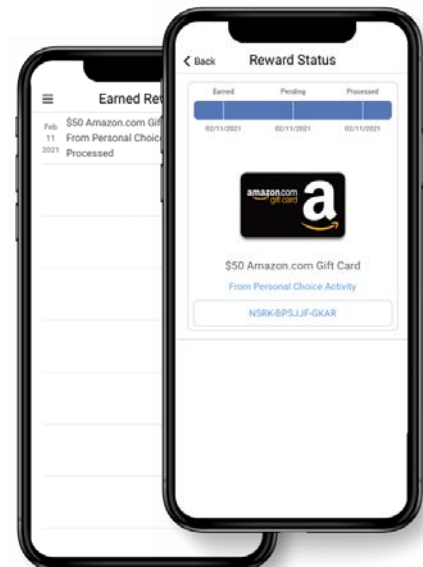
3. Once you have registered and logged into the portal you will see your dashboard. Click on the menu icon in the upper left corner (three bars) and under *My rewards* select *My incentives*.



4. On the *My Incentive* section you can see a summary of your incentive activity, your available incentives, and the rewards you've earned.



5. Once you have completed an incentive(s) reward activity, you will receive a confirmation notification in your *Message Center* with directions on how to redeem your gift card. After you complete an incentive activity please allow up to 60 days for this notification message to appear. For each incentive activity you complete, a separate notification will be sent to your *Message Center*.



How do I access the EngagementPoint Assessment to complete the first step?

Once you have completed your annual preventive exam, take your results and log in to EngagementPoint. Once you've logged in you can click on the menu icon in the upper left corner (three bars) and select *Health Assessment*. Complete the assessment and when you have submitted your answers you will earn a **\$100 Amazon.com Gift Card**.

How do I access Wellvolution and set my health goals?

On EngagementPoint, click on the menu icon in the upper left corner (three bars) and select Wellvolution. Once you click on the Wellvolution link, you will be taken automatically to Wellvolution. Once you've signed up and downloaded an app or selected your program, you can earn a **\$100 Amazon.com Gift Card**.

How do I access an EngagementPoint wellbeing journey?

On EngagementPoint click on the menu icon in the upper left corner (three bars) and select *Journeys* in the *My Care* section. Choose from one of the journeys and once you have completed the journey, you can earn a **\$50 Amazon.com Gift Card**.

How do I connect a physical activity tracking device?

After you've logged in to EngagementPoint, click on the menu icon in the upper left corner (three bars) and select *Connect accounts* in the *My Account* section. Choose from the list of apps to sync your preferred device to and EngagementPoint will automatically sync your data. Once you successfully synced your device and tracked 10,000 daily steps for three days you can earn a **\$100 Amazon.com Gift Card**.

How long does it take for earned incentives to show on EngagementPoint?

Rewards for most activities are available for redemption in EngagementPoint within 60 days.

What happens to unused Amazon.com Gift Cards at the end of the benefit year?

At the end of the benefit year, unused Amazon.com Gift Cards will remain available on the EngagementPoint app if you re-enroll in the CVT Wellness Plan with Blue Shield of California. Individuals and covered spouses/domestic partners can redeem their Amazon.com Gift Card as long as they are enrolled in the benefit plan. Please note that you need to take action to claim your reward. View the *My Earned Rewards* section to redeem.

Your reward can be used only while enrolled in the Wellness PPO Plan. If you switch plans, you forfeit the incentive dollars.

We are here for you.

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 Blue Shield of California at **(888) 499-5532**.

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