

Introducing CVT HealthConnect, a voluntary wellness pilot program that rewards CVT PPO members for participating in two simple, easy to-do health activities.

CVT HealthConnect gives you the chance to earn rewards, and, if certain goals are met, lower your rates in 2015-16.



***For More Information***

More details are available at  
**[www.CVTrust.org/HealthConnect](http://www.CVTrust.org/HealthConnect)**

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***HealthConnect***  
***Rewarding Healthy Choices***



### ***Earn Rewards for 2 Easy Health Activities***

You and your spouse or domestic partner can both receive a reward card valued at \$150 by participating in two HealthConnect activities. These activities are simple, easy, and also may lead to lower healthcare costs for you and your family.

In addition, CVT will reward you and your coworkers with a 1% reduction on your 2015-2016 rate renewal if 50% of your school district members participate and complete these two activities.

### ***Helping to Lower Your Costs***

CVT's goal is to keep costs manageable, and as affordable as possible for all members while helping you stay healthy. HealthConnect is based on the principle that there is a direct connection between wellness, early intervention, early treatment and healthcare

rates. CVT believes that through education and incentives, members can make a positive difference in their lives and feel better about themselves.

### ***Earn a \$150 reward card:***

Members (subscribers, spouses and domestic partners) must take an online health risk assessment AND get one of the following health screenings:

- (1) Annual physical exam by your doctor
- (2) Age appropriate preventive screening such as a mammogram or colorectal screening or
- (3) Complete a biometric screening at an onsite event at your school district.

If the online health assessment and one activity screening is completed between October 1, 2014 and August 15, 2015, CVT will reward each subscriber, spouse, or domestic partner with a \$150 reward card upon confirmation of both activities.



### ***Benefits for all CVT Members in Your School District:***

Participating in HealthConnect can have a long term effect on your rates. If CVT PPO members in your school district come together and achieve a 50% participation level between October 1, 2014 and March 15, 2015, CVT will reward you with a 1% reduction on your 2015-2016 rate renewal! This reduction will benefit all CVT PPO members within your school district for taking a step towards a more healthy life.

### ***Who is eligible to participate?***

- Active members and their spouse/ domestic partner enrolled in a PPO Plan
- District or self-paid retirees enrolled in a CVT PPO Plan but not enrolled in Medicare
- Kaiser members are not eligible for the program
- HealthConnect is a pilot program, only available to CVT PPO members in these school districts:

**Camptonville Union School District**  
**East Nicolaus Joint Union High School District**  
**Live Oak Unified School District**  
**Marysville Joint Unified School District**  
**Meridian Elementary School District**  
**Sutter County Superintendent of Schools**  
**Wheatland Elementary School District**  
**Wheatland High School District**  
**Yuba City Unified School District**

To take the Health Assessment or to get more program details visit  
**[www.CVTrust.org/HealthConnect](http://www.CVTrust.org/HealthConnect).**