



# Well-Being Your Way

Well-being means something different to everyone. MVP Health Care® has redesigned the well-being program so it is more meaningful for you.

## New in 2023

MVP will reimburse you up to \$600 per contract, per calendar year, for the things you do to improve your well-being. Do more of the things that make you feel well! MVP will reimburse you for them.

Get reimbursed for the things you'd expect, and also some that may surprise you.

- Activity tracking devices
- Fitness memberships, classes, and equipment
- Mindfulness apps
- Amusement park and museum passes
- Clean eating online programs or cookbooks
- Continuing education classes
- Ergonomic furniture for your home office
- Registration fees for walks and runs
- Tobacco Cessation
- Youth sports classes, camps, and equipment

## Request a Reimbursement

Complete and submit a Well-Being Reimbursement form. You can find the form in your MVP Member online account. *Register/Sign In* at [my.mvphealthcare.com](https://my.mvphealthcare.com) and select *Well-Being*. You can also find the Well-Being Reimbursement form at [mvphealthcare.com/WellBeingForms](https://mvphealthcare.com/WellBeingForms).

Follow the instructions on the form for completing and submitting your request. You need to provide proof of purchase, and you'll want to keep a copy for your records.

## Added Perks Online

Your MVP Member online account gives you access to discounts and online tools that help you improve your well-being. *Register/Sign In* at [my.mvphealthcare.com](https://my.mvphealthcare.com) and select *Well-Being*. For more information, call the MVP Customer Care Center at the phone number on the back of your MVP Member ID card.



\*Not all purchases are eligible, see exclusions on the form.

Health benefit plans are issued or administered by MVP Health Plan, Inc.; MVP Health Insurance Company; MVP Select Care, Inc.; and MVP Health Services Corp., operating subsidiaries of MVP Health Care, Inc. Not all plans available in all states and counties.

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