



**MEMBER: Please share this letter with your health practitioner**

Dear Health Care Provider:

Members of MVP Preferred EPO and PPO health plans from MVP Health Care can earn up to **\$300 WellStyle Rewards** in 2012 for taking an active role in improving their health. Reward dollars are earned as points; members earn points for things like completing an online health assessment, participating in lifestyle coaching programs and also by **working with you to achieve individual health goals**.

Please work with MVP members who present you with the attached **WellStyle Rewards Health Screening Form** at an office visit to complete the requested screenings and record/validate the results on the form (sections II and III). If a patient is low risk and has received the necessary screenings within the past 24 months, it is acceptable to list those previous measurement results on the form. Once you have signed the form, please return it to your patient. If cholesterol and fasting blood sugar or HbA1c results are not yet available at the time of their office visit, our members will be instructed to attach a copy of their lab results to their form when they submit it.

As you know, health measures like BMI, blood pressure, blood sugar or HbA1c, total cholesterol and tobacco usage can all be changed for the better through lifestyle modification. We hope that completing this screening form not only rewards members for achieving health recommendations, but also helps you and your patient work together to improve their results and their overall health. It is a valuable opportunity for our members to get a more complete picture of their health status and also can help strengthen the team approach that you take with your patients.

We appreciate your participation in this WellStyle Rewards initiative. Thank you for helping MVP members to take on life and live well!

Sincerely,

A handwritten signature in black ink, appearing to read "Allen Hinkle", written in a cursive style.

Allen Hinkle, MD  
Chief Medical Officer



# Health Risk Screening Form

PLEASE PRINT

<b>I. MEMBER INFORMATION</b>	Member's Name (As it appears on your MVP ID card)	MVP Member ID Number
	FIRST _____ LAST _____	Member's Telephone Number _____
Member's Date of Birth (MM/DD/YYYY) _____		
<b>DIRECTIONS FOR MVP MEMBERS</b>		
<p><b>STEP 1:</b> Contact your doctor's office to schedule a preventive health visit and have a health practitioner validate your screening results by entering your screening results below and signing this form. Alternatively, if you have been screened in the past 24 months and have evidence of your screening results (i.e. a copy of your medical record), you can <b>ENTER YOUR SCREENING RESULTS BELOW</b> and submit that documentation with this <i>Screening Form</i> in place of a Health Practitioner's signature.</p> <p><b>STEP 2:</b> Make a copy of the completed form for your records.</p> <p><b>STEP 3:</b> Mail to <b>Attn: MVP WellStyle Rewards, Healthyroads Customer Service - C4-1, P.O. Box 509040, San Diego, CA 92150-9040.</b> Forms must be received by <b>12/31/2012.</b></p> <p>Log into <b>www.mvphealthcare.com</b>, choose the <i>Live Healthy</i> option and click on <i>WellStyle Extras</i> for program details. <b>NOTE: Please allow 4 - 6 weeks for Health Risk Screening Form processing.</b></p>		

<b>II. SCREENING RESULTS</b>	<b>HEALTH MEASURE</b>	<b>FILL IN SCREENING RESULT*</b>	<b>EXCEPTIONS</b>	<b>DATE OF SCREENING</b>
	<b>Tobacco Use</b> Within 90 days	<input type="checkbox"/> Yes <input type="checkbox"/> No	N/A	_____
	<b>BMI</b> If pregnant, record pre-pregnancy weight	<b>Height:</b> ▶ _____ [inches] <b>Weight:</b> ▶ _____ [pounds]	<b>Request Medical Exception:</b> <input type="checkbox"/> Yes May request a medical exception if a member has a high % muscle mass that may distort BMI measures	▶ _____ ▶ _____
	<b>Blood Pressure</b> Within 24 months	▶ _____ [mmHg]	N/A	▶ _____
	<b>Fasting Total Cholesterol</b> Within 24 months	▶ _____ [mg/dl]	<b>Request Medical Exception:</b> <input type="checkbox"/> Yes May request a medical exception if cholesterol is between 200-239, but HDL is >60	▶ _____
	<b>Fasting Blood Sugar OR HbA1c</b> Within 24 months	<i>Points will only be awarded for one of these measures</i> <b>FBS:</b> ▶ _____ [mg/dl] <b>HbA1c:</b> ▶ _____ [mg/dl]	N/A	▶ _____ ▶ _____

\*Screening results **MUST BE NOTED** in the sections above. **POINTS WILL NOT BE AWARDED** unless each screening result line is filled in. Medical record documentation is for auditing purposes only.

<b>VALIDATION OF SCREENING RESULTS</b>	
<b>MEASURES VALIDATED BY HEALTH PRACTITIONER</b>	<b>MEASURES VALIDATED BY ATTACHED DOCUMENTATION</b>
<input type="checkbox"/> Blood Pressure <input type="checkbox"/> Blood Sugar/HbA1c <input type="checkbox"/> BMI <input type="checkbox"/> Cholesterol <b>Health Practitioner Signature (or office stamp)</b> _____ Practitioner Phone Number _____	<input type="checkbox"/> Blood Pressure <input type="checkbox"/> Blood Sugar/HbA1c <input type="checkbox"/> BMI <input type="checkbox"/> Cholesterol I authorize MVP Health Care to contact my health practitioner for audit purposes only. By signing below I certify that the information provided in support of this submission is complete and accurate. <b>Member Signature</b> _____ <b>REMEMBER TO COMPLETE FORM ABOVE AND ATTACH RESULTS FOR CREDIT!</b>

**III. VALIDATION**

**PROGRAM OVERVIEW WellStyle Rewards 2012**

PROGRAM ACTIVITIES/ MILESTONES		REWARD CRITERIA Member may submit a validated Screening Form up to 2 times annually, prior to 12/31/2012. Member will be awarded additional points if improvements in tobacco cessation or BMI/blood pressure/cholesterol/ fasting blood sugar/HbA1c reduction have been achieved.	POINTS PER MILESTONE	MAX ANNUAL POINTS	
<b>Complete the Personal Health Assessment*</b>		To access the <i>Personal Health Assessment</i> , members can log into <a href="http://mvphealthcare.com">mvphealthcare.com</a> , choose the <i>Live Healthy</i> option and click on <i>WellStyle Extras</i> , and then follow the directions on the <i>Earn Rewards</i> tab. This is a required step for both subscriber and spouse before points will accumulate.	25	25	
<b>Submit a Validated Screening Form*</b>		Must be completed in full and include <b>(1)</b> Health Practitioner Signature <b>AND/OR (2)</b> documentation of screening results within the last 24 months. This is a required step for both subscriber and spouse before points will accumulate. <i>Note: If Health Risk Screening form was submitted in 2011 (with screening dates after 1/1/2010) then member will receive auto-credit and is not required to resubmit form. <b>Must be received no later than 12/31/2012.</b></i>	75	75	
<b>SCREENING MEASURES</b>	<b>Tobacco Free Goal</b>	Member attests he/she has not used tobacco in the last 90 days	50	50	
	<b>BMI Goal</b>	Optimal: 18 – 24.9 <b>OR</b> Request a medical exception if member has a high % muscle mass that may distort BMI measures	50	50	
		Borderline: 25 – 29.9	25		
		Exception: > 25 but demonstrates a 5% reduction	50		
	<b>Blood Pressure Goals</b>	<b>Systolic</b>	Optimal: < 120 mmHg	25	25
			Borderline: 120-139 mmHg	15	
		<b>Diastolic</b>	Optimal: < 80 mmHg	25	25
			Borderline: 80-89 mmHg	15	
	<b>Fasting Total Cholesterol Goal</b>	Optimal: <200 mm/dL <b>OR</b> Request medical exception if Total Cholesterol 200-239 and HDL > 60		50	50
		Borderline: 200 – 239 mm/dL		25	
<b>Fasting Blood Sugar Goal or HbA1c Goal</b> <small>Points will only be awarded for one of these measures</small>	<b>Fasting Blood Sugar</b> Optimal: <100 mg/dl	<b>HbA1c</b> Optimal: < 6%	50	50	
	Borderline: 100 – 125 mg/dl	Borderline: 6.1 – 6.9%	25		

\*Completion of the Personal Health Assessment and submission of a validated Health Risk Screening Form are both required milestones that must be completed before you can redeem any of your accumulated points.

**Members of MVP health plans with WellStyle Rewards also can use the following resources to help you reach your health goals and earn additional points.**

PROGRAM ACTIVITIES/MILESTONES		REWARD CRITERIA	POINTS PER MILESTONE	MAX ANNUAL POINTS
<b>Complete an Online Course:</b>		To access online courses, members can log into <a href="http://mvphealthcare.com">mvphealthcare.com</a> , choose the <i>Live Healthy</i> option and click on <i>WellStyle Extras</i> , and then follow the directions on the <i>Earn Rewards</i> tab. When all required tasks have been completed, members will receive a course certificate.	5 points per class. Can receive credit for completing up to 10 courses.	50
Exercise and Active Living	Healthy Living			
Living Tobacco Free	Low Stress Living			
Nutrition and Healthy Eating	Pain and Productivity			
Safe Living	Staying Healthy			
Weight Loss & Weight Control				
<b>Complete 4 Personal Lifestyle Coaching Sessions:</b>		Members have up to 52 free 30-min coaching sessions available to them annually and will be rewarded 50 points for every 4 sessions completed up to the \$300 max. To schedule a session, members may call: <b>1-877-748-2746</b>	50 points per 4 sessions completed. Can receive credit for completing up to 24 classes.	Up to 300 max
Weight Management	Smoking Cessation			
Healthy Living: ( <i>Nutrition, Fitness, Stress Mgmt, High Blood Pressure/High Cholesterol/Pre-Diabetes Mgmt</i> )				
<b>Participate in an MVP Condition Health Mgmt Program:</b>		Eligible members will be contacted by MVP to participate in one of these programs. You can earn up to 100 points for successfully completing a program.	100	100
Asthma Care	Diabetes Care			
Cardiac Care	Low Back Care			
Depression Care	Heart Failure			
COPD				