



# Well-Being **Your Way**

**MVP Health Care® has redesigned your well-being program so it is more meaningful for you.**

**Get reimbursed for the things that fit your well-being journey**, like concerts and movie tickets, yoga and meditation classes or apps, ergonomic equipment for your home office, home security items, and so much more!

*See other side for more eligible purchase items.*

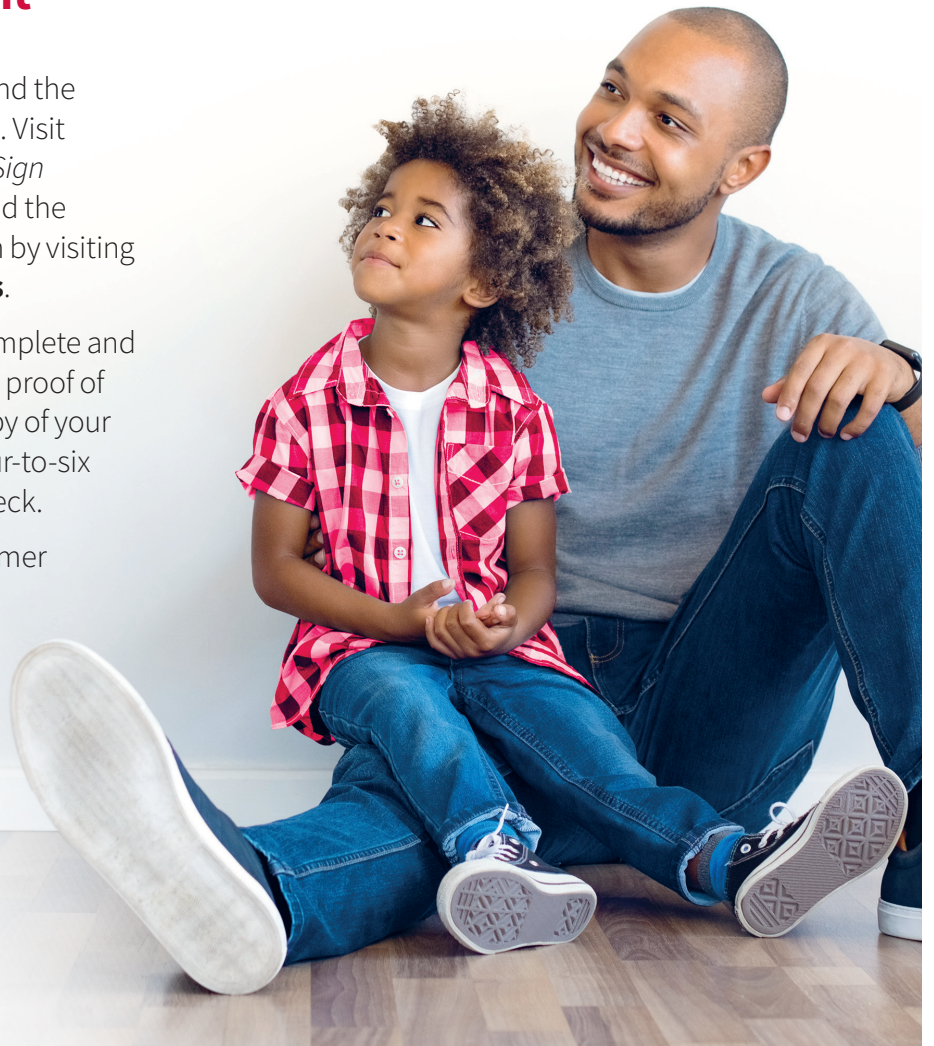
**MVP will reimburse you up to \$600 per contract, per calendar year, for the things you do to improve your well-being. Do more of the things that make you feel well! MVP will reimburse you for them.**

## **Request a Reimbursement**

Complete and submit a Well-Being Reimbursement Request form. You can find the form in your MVP Member online account. Visit **my.mvphealthcare.com** and *Register/Sign In*, then select *Well-Being*. You can also find the Well-Being Reimbursement Request form by visiting **mvphealthcare.com/WellBeingForms**.

Follow the instructions on the form to complete and submit your request. You need to provide proof of purchase, and you will want to keep a copy of your receipts for your records. Please allow four-to-six weeks to receive your reimbursement check.

For more information, call the MVP Customer Care Center at the phone number on the back of your MVP Member ID card.



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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# Items and Services that Qualify for Reimbursement\*

 A valid receipt<sup>†</sup> is required for a purchase to be eligible for reimbursement.

## Physical

- Activity tracking devices
- Bicycles and electric bicycles, including bike helmets, equipment, and shoes that clip into the pedals (e-bikes must have pedals to be eligible)
- Bone density fitness centers
- Camping equipment
- Clean eating online apps or cookbooks
- Fitness memberships, classes, and equipment
- Health coaches and weight support programs
- Health monitoring devices
- Insoles for running/walking shoes
- Kayaks and life jackets
- Meal delivery services (e.g., Hello Fresh, Blue Apron, Purple Carrot, Hungry Root)
- Running strollers
- Saunas
- Skis, ski boots, and ski passes/snowboards and snowboard boots/snowshoes
- Tobacco cessation courses
- Yoga classes and mats
- Youth sports classes, camps, and equipment for covered dependents

## Social

- After-school programs
- Amusement park admission fees
- Club/organization fees
- Fees for community-based classes or continuing education (e.g., art classes, dance classes, cooking classes, etc.)
- Movie/concert/theater tickets
- Museum/aquarium subscription and entrance fees
- Music lessons and equipment
- Registration fees for walks or runs

## Mind & Spirit

- Alpha-Stim<sup>®</sup> electrotherapy device for the treatment of anxiety, depression, and chronic pain
- Books, fiction and non-fiction
- Massage therapy with a licensed massage therapist
- Meditation classes and apps
- Mindfulness-based programs and apps
- Stress-reduction classes

## Surroundings

- CPR lessons
- Air purifiers and humidifiers
- Ergonomic equipment (including sit and stand desks, feet and back supports, and other ergonomic items that support working from home)
- Handheld massager devices
- Home organizer/Feng Shui consultant and subscription fees
- Home/life organization apps and online tools
- Home security systems, motion detectors, and floodlights
- Light therapy lamps

This list does not represent every item or service that may be eligible for reimbursement. Please call the MVP Customer Care Center at the phone number on the back of your MVP Member ID card if you are unsure of eligibility.

You can request reimbursements at any time during the year, as long as you had active MVP coverage at the time of your purchase. Reimbursements apply to the date of service you receive the eligible item or service.

\*Eligible items subject to change. See exclusions on the reimbursement request form.

† A valid receipt is not handwritten and includes the name of the retailer, item description, purchase amount, and date of purchase.