



**CALIFORNIA'S
VALUED TRUST**

Healthcare Benefits for the Education Community

cvtrust.org

Be good to yourself...and start earning wellness credits!

Healthy living adds up. Earn up to \$400 by doing any of these reward activities between October 1, 2016 and September 30, 2017.

CHECK HOW MANY OF THESE YOU ARE CURRENTLY PARTICIPATING IN!

<input checked="" type="checkbox"/>	\$50 Enrollment Credit	Look! You have already earned \$50 in wellness credit, just for enrolling in CVT's Wellness PPO Plan with the Anthem Network.
<input type="checkbox"/>	\$50 Health Assessment	You and your spouse/domestic partner can each earn wellness credits for completing the online (*) Health Assessment.
<input type="checkbox"/>	\$75 Healthy Lifestyles Program (Up to \$225)	Make health your lifestyle. Sign up to learn how to lose weight, quit smoking, manage insomnia and more in our series of online programs.
<input type="checkbox"/>	\$25 Personal Choice activity (Up to \$50)	Participate in a group activity of your choice. You and your spouse/domestic partner can each earn \$25 in wellness credits up to \$50 each per year. Go to www.cvtrust.org to complete your Personal Choice Activity Form.
<input type="checkbox"/>	\$75 Preventive Care Visit	When you complete your Preventive Care visit (such as a mammogram or annual visit) you and your spouse/domestic partner can each earn \$75 wellness credits.
<input type="checkbox"/>	Up to \$150 Future Mom's Maternity Management (3 Tiers)	Enroll and participate with online nurses. You can earn \$50 per tier. (Tier 1 – 1st trimester, Tier 2 – Prior to due date, Tier 3 – Post partum) To get started, please call 1-866-664-5404 .
<input type="checkbox"/>	\$50 Accordant Care Health Management	Enroll and participate in any Accordant Care Health Management program and earn \$50 in wellness credits.
<input type="checkbox"/>	\$50 MDLive Utilization Credit	Register and utilize the MDLive® telephonic/online doctor visit and earn a one time \$50 wellness credit.

*To get started, log in to the Anthem website www.anthem.com/ca and register to begin earning credits.

The wellness credit program runs from October 1, 2016 through September 30, 2017, and is open to members of California's Valued Trust and their spouses or domestic partners who are 18 years and older, Anthem members, and enrolled in the PPO plan with the Wellness Program.