



Work Well, Live Well!SM

Bringing wellness
to your workplace



Wellness works, and MVP supports employers in developing a culture of wellness in the workplace – helping to control health care costs and improve the overall health and performance of the workforce.

MVP's innovative *Work Well, Live Well*SM resources provide the necessary tools to integrate wellness into the workplace — where employees spend so much of their time. Our turnkey communication materials and exclusive online tools and tips are designed to help empower employees to take personal responsibility for their health, motivate them to make positive lifestyle changes and lead healthier lives.

Work Well, Live Well mission

The goal of *Work Well, Live Well* is to provide employers of all sizes with the tools and guidance needed to successfully launch, promote, and support wellness in the workplace and beyond. We do this by providing employers access to best-in-class workplace wellness information through a unique combination of consultation with certified wellness strategists, and access to the e-toolkit.

Core Health and Wellness Features

No matter which of our health plans you choose, we are there with wellness features that matter. We want to help all of our members take on life and live well!

Personalized Support for Health Issues

Condition Health and Case Management Programs

Members who are living with a physical or mental health concern can call 1-866-942-7966 for help and support. Working in partnership with doctors, we help participating members get the care they need, understand their full range of treatment options, and make the most of their benefits when they are living with:

- Asthma
- Cancer (Oncology)
- Chronic Obstructive Pulmonary Disorder (COPD)
- Depression
- Diabetes
- Dialysis
- Heart Events (heart attack or blockages)
- Heart Failure
- Low Back Pain

We also offer services to help members whose needs require different resources than those provided through our condition-specific programs.

- Acute Case Management for members who have complications or other serious health concerns
- Little FootprintsSM for high-risk pregnancies
- Social work services that help connect members to community resources and services

Powerful Tools for Reaching Important Goals

Online Wellness Tools and Activities

What are your goals for living well? MVP's online wellness tools and activities can help you set, track and succeed at reaching the health improvement goals that are important to you.

- Improve your diet
- Manage stress
- Include more physical activity in your busy life
- Quit tobacco

Log on to the MVP Web site at www.mvphealthcare.com/member and click the *Wellness Tools & Activities* button:

- Complete an interactive Personal Health Assessment to get a customized report on your current health status.
- Take online health improvement classes to get you started on the road to better health.
- Track your progress online with quick and easy tools.
- Find information and ideas that will help you take care of yourself, and inspire you to make healthy changes.





Easy Access to Answers and Advice

24/7 Nurse Advice Line

Expert advice is just a phone call away, even on weekends, when you call our 24/7 Nurse Advice Line with any non-emergency questions. Talk with a registered nurse for:

- Help with a health problem in the middle of the night.
- Answers to your "what to do if" health questions.
- Guidance in preparing for doctor visits.
- Help finding information and resources about prevention and wellness, treatments, chronic conditions, and other health topics and concerns.

Exclusive Member Discounts

Members enjoy savings on a wide range of health and wellness products and services that inform and inspire a healthy lifestyle. Some of our most popular discounts include:

Nutrition & Weight Loss Programs

Including special offers from Jenny Craig® and Jazzercise®.

Fun Activities for the Whole Family

Get out there and be active with savings on boating, ice skating and more!

Eyewear and Vision Improvement

Special Lenscrafters® discounts and savings on Lasik laser eye surgery from participating health care professionals.

Teeth Whitening

Area dental practices offer special smile-brightening discounts on whitening procedures.

These benefits are offered or administered by MVP Health Plan, Inc., MVP Health Insurance Company, MVP Health Insurance Company of New Hampshire, Inc., MVP Select Care, Inc., Preferred Assurance Company, Inc., and Preferred Administrative Services, Inc.

ChooseHealthy is a discount product of American Specialty Health Networks, Inc. The program provides discounted complementary health care services from participating providers. You are required to pay for all services in full but will receive a discount from contracted providers. You should check any insurance benefits you have before using this affinity program, as those benefits may result in lower cost to you than using this program.

The ChooseHealthy™ Discount Network

Members can visit our Web site for:

Chiropractic and Acupuncture Care, Massage Therapy and Dietetic Counseling

Access to more than 20,000 credentialed providers who offer a 25% discount as part of the ChooseHealthy discount network.

Fitness Clubs and Exercise Centers

Get "best pricing" on membership and a free trial offer at 15,000 facilities participating in the ChooseHealthy discount network.

Product Store

Receive up to 40 percent off suggested manufacturer's retail pricing on herbal, homeopathic, vitamin, fitness products, and more from the ChooseHealthy online store, with free shipping on most items.

Taking advantage of these discounts is simple

Present your MVP member ID card (or print and present the discount/program certificate shown with a ChooseHealthy discount provider's listing online) and ask for the discount at any participating location. A complete list of member discounts is available on our Web site at www.mvphealthcare.com

Online Wellness Tools and Activities

What are your goals for living well? MVP Health Care's online wellness tools and activities can help you set, track and succeed at reaching the health improvement goals that are important to you.

- Improve your diet
- Manage stress
- Include more physical activity in your busy life
- Manage your emotional health, or track important aspects of physical health, like your blood sugar
- Quit tobacco

Members can log in at www.mvphealthcare.com/member and click the *Wellness Tools and Activities* button to:

- Complete an interactive Personal Health Assessment to get a customized report on your current health status.
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- Track your progress online with quick and easy tools.
- Find information and ideas that will help you take care of yourself, and inspire you to make healthy changes.

What's Your Personal Health Assessment (PHA)?

If you could rate your health with a score from 1-100, do you wonder what your score would be? Find out by taking your Personal Health Assessment and see how you stack up in the following health areas:

- Activity
- Diet
- Stress management
- Tobacco use
- Preventive health activities
- Sleep

The PHA only takes about ten minutes to complete. Once finished, you'll immediately receive a written report, health score, and suggestions for a personal health plan. You'll also have access to tools, trackers, 120 online classes, and more!



Plan Your Health Improvement Strategy

You can use your PHA results to identify an aspect of your health you may want to improve. Then, use MVP's online wellness tools and resources to meet your goals!

The Exercise Planner lets you create an individualized fitness plan online based on your goals, preferences, available equipment, and more.

The Meal Planner can help you create individualized, easy-to-follow meal plans based on your goals, such as weight loss, weight gain, or moving to a vegetarian diet. You can also track nutrients and calculate caloric intake.

Health Tools make it easy to track your progress in weight management, blood pressure, heart rate, body fat percentage, endurance, and more.

The Member Message Center is the place where you can ask questions, receive electronic guides and receive support from Health Coaches.

Use the Health Expert Blog to connect with health and wellness experts who will get you thinking about healthy living. Learn more about the health and wellness topics that interest you. Add comments and see what other members have to say.

Ask a Coach makes getting an answer to your health and wellness question as easy as 1-2-3! Simply choose a topic on the Ask a Coach Web page (fitness, weight management, nutrition, stress or tobacco), type your question and submit. A Health Coach will research your question. You will receive an answer in your Ask a Coach inbox within 2 business days.

Stress Management Resources include a selection of downloadable audio lessons that can help you learn relaxation skills to manage your stress.

Self-Guided Online Classes

When you're on the road to better health, you'll need information that helps you reach your specific goals. Choose from 120 online classes that you can view whenever and wherever it's convenient for you, in these categories:

Healthy Living: Making Your Journey Successful

Learning healthy habits and putting them into action can be challenging. The classes in this course will help you choose, set, and work toward healthy goals that are right for you and your busy lifestyle.

Living Tobacco-Free

Quitting tobacco is one of the most important changes you can make. Create a quit plan, stay motivated, and achieve new levels of health and well-being.

Weight Loss and Weight Control

Maintaining a healthy body weight can help prevent or manage many chronic diseases and decrease your risk of future illness, injury, and disease. Get the tools and information you need to reach your weight loss or weight control goal.

Low Stress Living

Stress can be broadly defined as any change you experience. Stress that lasts for long periods of time (chronic stress) can have negative health effects. Learn to recognize the signs of chronic stress and better manage daily stress.

Nutrition and Healthy Eating

Research shows that good nutrition is a major factor in disease prevention and improved health. Get tips, strategies, and information to succeed at eating a healthier diet.

Exercise and Active Living

Physical activity can benefit your health and well-being in many ways. But for many people, committing to exercise can be challenging. Learn to get active safely and reach your exercise and activity goals.

Staying Healthy (Preventive Health Care)

Preventive care is one of the most important steps you can take to ensure your health and happiness. Learn about the things you can do to lower your risk of disease and increase your overall sense of well-being.

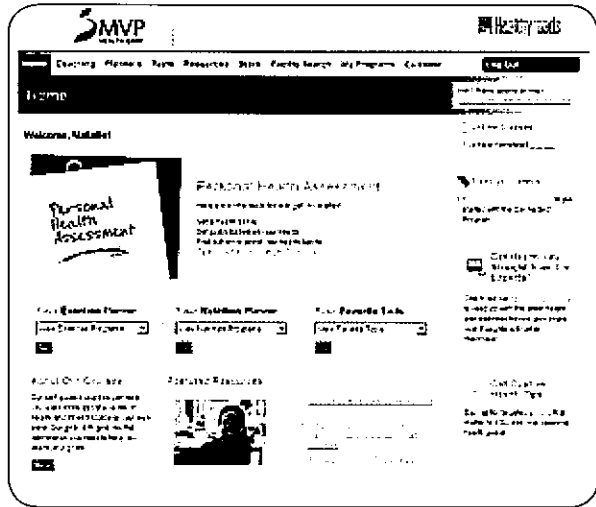
Safe Living

While some accidents and illnesses cannot be prevented, many can. Learn more about driving safely, taking precautions to prevent slips and falls, using medications safely, and making safe sexual practices a priority.

Pain and Productivity

Pain can be a challenge in daily life, but there are things you can do to manage it and live more productively. Learn about to better understand and manage your pain.





The *Wellness Tools and Activities* page customizes itself based on the online activities that you complete and points you to places where you can get personalized information and assistance to help you meet your health improvement goals!

Take a more active role in your health.

Click the *Wellness Tools and Activities* button when you log in at www.mvphealthcare.com/member.



If your company participates in MVP's *Work Well, Live Well*™ for worksite wellness, all employees can access these tools (whether or not you are a member of an MVP plan) by logging in at www.workwellonline.com and then clicking on *Wellness Tools and Activities*.



Wellness resources at your fingertips

MVP Health Care's *Work Well, Live Well* e-toolkit site provides a host of valuable worksite wellness resources and a "how to" for bringing wellness to the workplace. In addition, there is best-in-class health promotion/workplace wellness information and links to help promote a culture of wellness within an organization.

"With help from the MVP Web site and MVP's Wellness Strategists, we have started our first walking program. Everything about the walking program is laid out for you on the Web site. It couldn't have been any easier."

Steven Peach
HR Director, Inspire



Step by step approach

1. Get started.

CONTACT your Account Manager to gain access to the *Work Well, Live Well* Web site and e-toolkit or set up a meeting with your certified wellness strategist. Both provide planning tools and resources to help you get on your way to bringing wellness to your workplace.

2. Plan your program.

DISCOVER solutions to meet your employees wellness related wants, needs and interests. *Work Well, Live Well* includes the necessary resources to implement a successful worksite wellness program, including recommendations on what strategies to include, tailored to your organization. The e-toolkit also provides supporting materials necessary to launch your workplace wellness initiative.

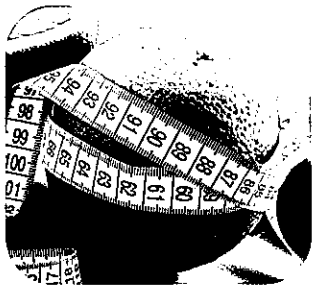


3. Measure and evaluate.

ASSESS the state of your worksite wellness program. With the help of the tools available on the *Work Well, Live Well* e-toolkit, you can easily assess and evaluate your worksite wellness program and identify areas of improvement and future program opportunities.

Wellness tools and activities for all employees

MVP Health Care's online wellness tools and activities can help employees set, track, and succeed at reaching the health improvement goals that are important to them — from stress management techniques to diet improvements — the *Work Well, Live Well* e-toolkit will provide employees with information and ideas that will inspire them to make healthy choices.



Every employee, including both MVP members and non-members will have access to:

1. Complete an interactive Personal Health Assessment
2. Take online health improvement classes
3. Track progress with online health tools
4. Utilize online personalized exercise and nutrition planners

Call today for more information or to get started...

For more information on how *Work Well, Live Well* can help employees live well, please contact an MVP Health Care Account Manager or a Wellness Strategist, or e-mail the *Work Well, Live Well* team at WWLW@mvphealthcare.com.

"HealthAlliance has used many components of the Work Well, Live Well product to launch our corporate wellness strategy. We conducted an employee interest survey, a worksite wellness audit and implemented a 5% Boost Walking Challenge with overwhelming enthusiasm from our employees. MVP has made the Work Well, Live Well product user-friendly and it contains a vast amount of information to help our employees make healthier choices."

Matthew J Osterhoudt
Administrative Director Community Services
Health Alliance of the Hudson Valley

