

ManageWell[®]

BadgerCare Plus Members

Be Well.

Healthy Lifestyle.

Healthy Rewards.



WELLNESS REWARDS PROGRAM*

GHC-SCW is committed to whole person care for our members. That means **HEALTH** and **WELLNESS**. We have teamed up with ManageWell[®] to give members access to an exciting platform to manage wellness.

ManageWell[®]!

- Earn points. Earn rewards.
- Free app and fully online.
- Fun, engaging activities and challenges.
- Customizable to you and your health goals.
- Access to Mayo Clinic's health information library.
- Points refreshed every quarter.

ManageWell[®]

Earn Points. Earn Rewards.

- Fitness
- Nutrition
- Activity Trackers
- Stress Reduction
- Weight Management
- Healthy Living
- Challenges



Learn more at ghcscw.com/managewell

Please check your member materials or call Member Services at (608) 828-4853 or (800) 605-4327 to verify eligibility.

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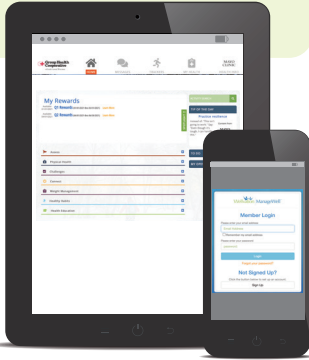
* Members should use the gift card reward for healthy or health related purchases. The gift card reward may not be used towards the purchase of items such as alcohol, tobacco and firearms products.

Group Health Cooperative of South Central Wisconsin (GHC-SCW)
MK20-148-5(8.23)FL

 **Group Health
Cooperative**
of South Central Wisconsin

ManageWell® Points

Access ManageWell® by desktop, phone or tablet.



Download the ManageWell® 2.0 app and start earning rewards.



Bring wellness wherever you go.

Points Earned/Quarter	Reward Tier	Payout/Quarter
100-199 points	Tier 1 payout	\$25 Walmart gift card*
200+ points	Tier 2 payout	\$50 Walmart gift card*

ACTIVITY

POINTS

ACCESS

Health Assessment 20/one time per year

PHYSICAL HEALTH

Exercise Tracker - 150 minutes per week 5/max 65 per quarter

Exercise Tracker - 180 minutes per week 1/max 13 per quarter

Exercise Tracker - 210 minutes per week 1/max 13 per quarter

Annual Physical/Postpartum Visit 50/one time per year

Flu Shot 20/one time per year

Dental Cleaning 25/one time per year

CHALLENGES

Stress Less 20/one time per year

Mini Challenges 5 per challenge/max 15 per quarter

Bingo 5 per completion/max 15 per quarter

CONNECT

Register for GHCMYChartSM 5/once indefinitely

WEIGHT MANAGEMENT

Weight Watchers (WW) 5 per month/max 15 per quarter

Noom 5 per month/max 15 per quarter

HEALTHY HABITS

8,000 steps per day 1/max 91 per quarter

10,000 steps per day 1/max 91 per quarter

12,000 steps per day 1/max 91 per quarter

Create a S.M.A.R.T. goal 5/once per quarter

Complete a S.M.A.R.T. goal 10/once per quarter

Community Supported Agriculture (CSA) 100/one time per year

Sleep Tracker - 7 sleep hours/5 days a week 1/max 13 per quarter

HEALTH EDUCATION

Health Education Visit 10 per visit/max 30 per quarter

News You Can Use 5 per activity/max 15 per quarter

TOBACCO FREE

Be Tobacco Free Program 25/one time per year triggered by health assessment

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