

# ManageWell<sup>®</sup>

## 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<sup>®</sup> to give members access to an exciting platform to manage wellness.

#### ManageWell<sup>®</sup>

- 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<sup>®</sup>

Earn Points. Earn Rewards.

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



Learn more at [ghcscw.com/managewell](https://ghcscw.com/managewell)

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

## BETTER TOGETHER<sup>SM</sup>

Group Health Cooperative of South Central Wisconsin (GHC-SCW)  
MK20-148-6(8.24)FL

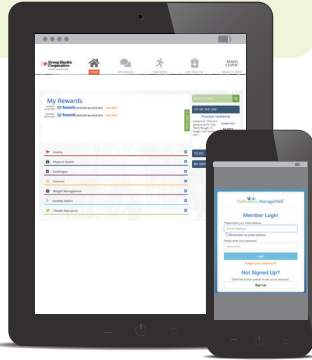
 **Group Health  
Cooperative**

of South Central Wisconsin

\*The reward program is not available to all members. ManageWell<sup>®</sup> is not available to those included in the State of Wisconsin Group Health Insurance Program, Federal (FEHB), Individual and Family Plan and BadgerCarePlus members.

# ManageWell® Points

Access ManageWell® by desktop, phone or tablet.



Download the ManageWell® 2.0 app or the ManageWell® from Wellvation app and start earning rewards.



Bring wellness wherever you go.

Points Earned/Quarter	Reward Tier	Payout/Quarter
100-199 points	Tier 1 payout	\$20 Mailed Check
200+ points	Tier 2 payout	\$40 Mailed Check

## 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/Medicare Physical/Postpartum Visit 50/one time per year

Flu Shot 20/one time per year

Dental Cleaning 25/one time per year

Learn Where to Go For the Right Care 5/once indefinitely

Advance Directive Shared With Care Provider 25/once indefinitely

### CHALLENGES

Healthy Program 20/one time per year

Mini Challenges 5 per challenge/max 15 per quarter

Bingo 5 per completion/max 15 per quarter

### CONNECTIONS

Register for GHCMYChartSM 5/once indefinitely

Register for KeyCare 5/once indefinitely

Blood or Plasma Donation 10/once per quarter

Volunteer Your Time 5/once per quarter

### WEIGHT MANAGEMENT

Weight Watchers (WW) or 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

Try a New Recipe 5/once per quarter

5K Walk or Run Event 5/once per quarter

Calm Premium App 5 per month/max 15 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

**BETTER TOGETHER** SM

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