

ManageWell.®

Be Well.

Healthy Lifestyle.
Healthy Rewards.

2026



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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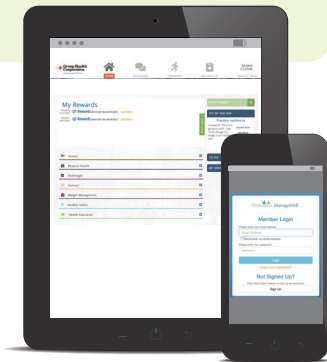
Group Health Cooperative of South Central Wisconsin (GHC-SCW)
MK20-148-7(8.25)FL

 **Group Health
Cooperative**
of South Central Wisconsin

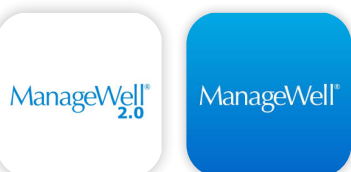
*The reward program is not available to all members. ManageWell® is not available to those included in the State of Wisconsin Group Health Insurance Program, Federal (FEHB), Individual and Family Plan and BadgerCare Plus members.

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
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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
Learn More About GHC-SCW Offerings	5/once per quarter

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 GHCMYChart SM	5/once indefinitely
Register for KeyCare	5/once indefinitely
Blood or Plasma Donation	10/once per quarter
Volunteer Your Time	10/once per quarter
Verify Current Contact Information	5/once indefinitely
Verify Demographics	5/once indefinitely

WEIGHT MANAGEMENT

Weight Watchers (WW) or Noom	5 per month/max 15 per quarter
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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	10/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
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