

ManageWell.®

Be Well.

Healthy Lifestyle.
Healthy Rewards.

2027



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.

TOGETHER, BETTER IS POSSIBLE

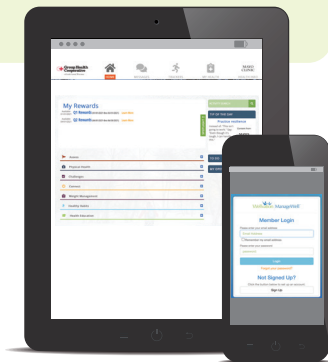
Group Health Cooperative of South Central Wisconsin (GHC-SCW)
MK20-148-8(7.26)FL

 **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.

ManageWell® 2.0

ManageWell®

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

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 GHCMYChartSM 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

Complete a GHC-SCW Survey 5/once indefinitely

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

Enjoy a Favorite Activity 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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