

ManageWell.[®] Be Well.

Healthy Lifestyle.
Healthy Rewards.



NEW 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 new platform to manage wellness.

INTRODUCING 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
- GHC-SCW Complementary Medicine



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.

BETTER TOGETHERSM

Group Health Cooperative of South Central Wisconsin (GHC-SCW)

* The reward program is not available to all members. ManageWell[®] is not available to State (ETF/WPEG) and Federal (FEHB) members. Reward restrictions apply to BadgerCare Plus members.

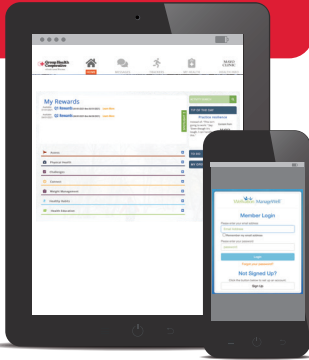
 **Group Health
Cooperative**

of South Central Wisconsin

ghcscw.com

ManageWell® Points

Access ManageWell® by desktop, phone or tablet.



Download the ManageWell® 2.0 app and start earning rewards.



Bring wellness wherever you go.

Two earning tiers per quarter of 100 or 200 points. Reward amounts based on qualifying participants.

ACTIVITY

POINTS

ASSESS

Health Assessment	20/one time per year
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PHYSICAL HEALTH

GHC-SCW Complementary Medicine Visit	10 per visit/max 20 per quarter
Exercise Tracker - 150 minutes per week	5/max 65 per quarter
Exercise Tracker - 180 minutes per week	1/max 78 per quarter
Exercise Tracker - 210 minutes per week	1/max 91 per quarter
Annual Physical	50/one time per year
Flu Shot	20/one time per year

CHALLENGES

Stress Less	20/one time per year
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CONNECT

Register for GHCMYChart SM	5/once indefinitely
Download the GHC SmartCare app	5/once indefinitely
Activate GHC Care OnDemand	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 182 per quarter
12,000 steps per day	1/max 273 per quarter
Create a S.M.A.R.T. goal	5/once per quarter
Complete a S.M.A.R.T. goal	5/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 Pursuit	5/max 10 per quarter
Health Education Visit	10 per visit/max 30 per quarter

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