

# LIVING HEALTHY REWARDS

For covered adult children



Earn up to \$100 in rewards!

LivingHealthy  
POWERED BY WebMD | health services

Through Dean Health Plan's Living Healthy Rewards program, adult children (ages 18 and older) covered under a family member's policy can earn up to **\$100**.

Here's how it works:



Choose the healthy activities you want to complete

Points

500

Each completed activity is worth reward points (example: 500 points = \$50)



Earn up to 1,000 points for a maximum of \$100 per calendar year (before December 31)



Rewards come in the form of gift card(s) to your choice of many national retailers, restaurants and other popular merchants

**Language Assistance:** If you, or someone you're helping, have questions about Dean Health Plan / Prevea360 Health Plan, you have the right to get help and information in your preferred language at no cost. To talk with an interpreter, call Customer Care at 877-317-2410 (TTY: 711).

**Spanish** - Si usted, o alguien a quien usted está ayudando, tiene preguntas sobre Dean Health Plan / Prevea360 Health Plan, tiene derecho a obtener ayuda e información en su idioma preferido sin ningún costo. Para hablar con un intérprete, llame al Customer Care al 877-317-2410 (TTY: 711).

**Hmong** - Yog koj, los yog tej tus neeg uas koj pab ntawd, muaj lus nug txog Dean Health Plan / Prevea360 Health Plan, koj muaj cai kom lawv muab cov ntshiab lus qhia uas tau muab sau ua koj hom lus pub dawb rau koj. Yog koj xav nrog ib tug neeg txhais lus tham, hu rau Customer Care rau ntawm tus xov tooj. 877-317-2410 (TTY: 711).

**Non-Discrimination Statement:** Dean Health Plan / Prevea360 Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Well-Being Activities	
Annual preventive office visit	300
Annual dental visit	100
Annual flu vaccine	100
Active MyChart account	50
Complete five mindfulness classes	50
Watch the Dean 101 videos	25
Living Healthy Portal Activities	
<b>My Health Assistant goal</b> Complete one My Health Assistant goal per calendar quarter and earn 100 wellness points. You may earn a maximum of 400 wellness points a year by completing four goals per calendar year.	100
<b>Health topic self-assessment</b> Complete a self-assessment once a month and earn 20 wellness points. You may earn a maximum of 240 wellness points per calendar year.	20
<b>Health Tracker</b> Earn two wellness points every time you use a Health Tracker, up to 15 times a month. You may earn a maximum of 360 wellness points per calendar year.	2 per tracker
Community-Related Activities	
Purchase a produce share from a local community supported agriculture (CSA) farm	100
Annual state park pass	100
Volunteer your time	50

Only Dean Health Plan members ages 18 and older are eligible for Living Healthy Rewards.

All rewards MUST be redeemed before December 31, 2018.

Visit [deancare.com/livinghealthy](http://deancare.com/livinghealthy)

to learn more about Living Healthy Rewards and how to redeem reward points through your Living Healthy portal.



DeanHealthPlan.  
A member of SSM Health