

BE A HEALTHIER YOU

Your Comprehensive Wellness Program



LivingHealthy

POWERED BY **WebMD** | health services

Be the best version of you! At **Dean Health Plan**, we understand your life is busy. We want to support you along the path to a healthier lifestyle. We all know being healthy is the goal, but getting there can be challenging. That's what Living Healthy is all about! Powered by **WebMD**, a leader in health care, Living Healthy has many tools and resources that can make being healthy achievable and fun.

Living Healthy Features



Health Assessment

A quick questionnaire that helps you take the first steps to a healthy lifestyle.



Complex Case Management

We are here to help if you've been diagnosed with a complex health condition.



Interactive Tools and Resources

Be better informed about your health with a symptom checker, videos and more.



Deals from Dean

Our members receive special discounts from local health and fitness facilities.



Health Coach

Get expert support if you have diabetes, COPD, asthma, heart failure or coronary artery disease.



Quit for Life

Get support to end your tobacco use today. No-cost medications may be available.

See back for details



Earn up to **\$150** in rewards!


DeanHealthPlan.
A member of SSM Health

LIVING HEALTHY REWARDS

Your Rewards. Your Choice.



Earn up to \$150 in rewards!

Dean Health Plan will reward you up to **\$150*** for your healthy lifestyle. It's one of the many reasons Living Healthy has its rewards!

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 1,500 points for a maximum of \$150 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

* Check with your plan administrator for reward offerings specific to your plan. Only Dean Health Plan members, ages 18 and older, are eligible for Living Healthy Rewards. Your employer may be required to report health plan-issued incentives as taxable income. Dean Health Plan may be required to report incentive payment information to your employer. Your health information is protected by federal law and will not be shared with your employer.

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.

Kickoff Activity	Points
Online Health Assessment† You must complete this activity before you can redeem your reward	500
Well-Being Activities	
Annual preventive office visit	300
Annual dental visit	100
Annual flu vaccine	100
Active MyChart account	50
Active DeanConnect account	50
Submit Advance Directive forms to your physician	50
Complete five mindfulness classes	50
Watch the Dean 101 videos	25
Living Healthy Portal Activities	
My Health Assistant goal 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
Health topic self-assessment 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
Health Tracker 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

† Covered adult children (ages 18 and older) can earn up to \$100 per year for completing healthy activities; however, they are not required to complete the Health Assessment.

All rewards MUST be redeemed before December 31, 2018.

Visit deancare.com/livinghealthy

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



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