

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 where Living Healthy comes in! 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.



Partner Perks

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

*Dean Health Plan shares secure claims information with WebMD. This data is only shared for the purpose of identifying health coaching opportunities through WebMD Condition Management program.



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


DeanHealthPlan.
A member of SSM Health

Living Healthy Rewards

Your rewards. Your choice.



Earn up to \$100 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



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) of your choice to 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.

† 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.

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	225
Learn about Virtual Visits	100
Annual dental visit	75
Annual flu vaccine	75
Immunizations	50
Active MyChart account	50
Complete five mindfulness classes	50
Submit Advance Direct forms to your physician	50

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
Sync device Connect your wireless fitness trackers to your Living Healthy account for the most accurate health and activity measurements.	50
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

Participate in a Run/Walk event	100
Purchase produce from a CSA, farmers' market or participate in local Community Garden	75
Annual state park/trail pass	50
Volunteer your time	50

All rewards **MUST** be redeemed before December 31, 2020.

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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Living Healthy Rewards

For covered adult children



Earn up to \$100 in rewards!

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



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