

# 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 \$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) 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
<b>Online Health Assessment†</b> You must complete this activity before you can redeem your reward	<b>500</b>
Well-Being Activities	
Annual preventive office visit	<b>225</b>
Learn about Virtual Visits	<b>100</b>
Annual dental visit	<b>75</b>
Annual flu vaccine	<b>75</b>
Immunizations	<b>50</b>
Active MyChart account	<b>50</b>
Complete five mindfulness classes	<b>50</b>
Submit Advance Direct forms to your physician	<b>50</b>
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.	<b>100</b>
<b>Sync device</b> Connect your wireless fitness trackers to your Living Healthy account for the most accurate health and activity measurements.	<b>50</b>
<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.	<b>20</b>
<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.	<b>2</b> per tracker
Community-Related Activities	
Participate in a Run/Walk event	<b>100</b>
Purchase produce from a CSA, farmers' market or participate in local Community Garden	<b>75</b>
Annual state park/trail pass	<b>50</b>
Volunteer your time	<b>50</b>

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

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

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



**Dean Health Plan.**  
A member of SSM Health

## Language Assistance

**English** - ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-877-317-2410 (TTY: 711).

**Chinese** - 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-877-317-2410 (TTY: 711)。

**Polish** - UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-877-317-2410 (TTY: 711).

**Vietnamese** - CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-877-317-2410 (TTY: 711).

**Tagalog** - PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-877-317-2410 (TTY: 711).

**German** - ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-877-317-2410 (TTY: 711).

**French** - ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-877-317-2410 (ATS : 711).

**Hindi** - ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। 1-877-317-2410 (TTY: 711) पर कॉल करें।

**Spanish** - ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-877-317-2410 (TTY: 711).

**Hmong** - LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-877-317-2410 (TTY: 711).

**Korean** - 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-877-317-2410 (TTY: 711)번으로 전화해 주십시오.

**Arabic** - ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-877-317-2410 (رقم هاتف الصم والبكم: 711).

**Russian** - ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-877-317-2410 (телетайп: 711).

**Gujarati** - સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-877-317-2410 (TTY: 711).

**Urdu** - خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-877-317-2410 (TTY: 711).

**Italian** - ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-877-317-2410 (TTY: 711).

## **Non-Discrimination Notice**

### **The Health Plan\*:**

- Provides free aids and services to people with disabilities to communicate effectively with us, such as: qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats).
- Provides free language services to people whose primary language is not English such as: qualified interpreters and information written in other languages. If you need these services, contact the Customer Care Center at 1-877-317-2410 (TTY: 711).

The Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, or religion. The Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, or religion.

If you believe that the Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, or religion, you can file a grievance with the organization's Civil Rights Coordinator. If you need help filing a grievance, the Civil Rights Coordinator for the Health Plan is available to help you. You can file a grievance in person, by mail, or email at:

Civil Rights Coordinator  
1277 Deming Way  
Madison, Wisconsin 53717

Phone: 1-608-828-2216 (TTY: 711)  
Email: [civilrightscoordinator@deancare.com](mailto:civilrightscoordinator@deancare.com)

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, by mail, or phone at:

U.S. Department of Health and Human Services  
200 Independence Avenue, SW  
Room 509F, HHH Building  
Washington, D.C. 20201

Phone: 1-800-368-1019 or 1-800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

\*Dean Administrative Services; Dean Health Plan; Prevea360 Health Plan; WellFirst Health