

# Sentara Well-being Rewards

For fully insured and Individual & Family  
Health Plans members



## Set health goals, achieve better outcomes.

Powered by our partnership with WebMD® Health Services, the Sentara Well-being Rewards program offers a flexible and inclusive solution for eligible members to engage in activities that lead to better health outcomes.

### Activities Include:

<b>Explore your well-being portal</b>	
Complete a series of activities on your WebMD One Portal	\$25
<b>Personal Health Assessment</b>	
Answer a series of questions to assess your well-being	\$50
<b>Preventive screenings</b>	
Visit your provider for your annual physical or cancer screening (mammogram, prostate, and others)	up to \$150
<b>Condition management</b>	
Work with a Sentara Health Plans Case Manager to manage a chronic condition or receive pre/postnatal support	up to \$200
<b>Create daily habits</b>	
Let WebMD ONE guide you through healthy habits that span all areas of well-being (nutrition, exercise, stress-management, back health, and more)	up to \$200

Eligible members are encouraged to complete meaningful activities in an effort to learn more about their overall health while setting attainable and timebound goals to improve it. Activities can be logged and monitored using the WebMD ONE Portal, accessible through the Sentara Health Plans website or mobile app. Rewards for completed activities will be dispersed on a monthly basis with up to \$250 in rewards for the year. Rewards may be considered income and are subject to taxes.

## Get started today.

1. Sign in or register at [sentarahealthplans.com/members](https://sentarahealthplans.com/members) or on the Sentara Health Plans mobile app.
2. Select *Get Healthy*, then *Wellness Tools* to access the WebMD ONE Portal.
3. Complete a brief first-time setup and choose activities in the Rewards Lobby.
4. Complete the required Program Overview Acknowledgement.
5. Start earning your rewards!

\*Eligible members include subscribers (member ID number ending in \*01) ages 18 and older in small, mid-market, and large fully insured plans, as well as Individual & Family Health Plans (exclusions apply).

For more information, visit  
[sentarahealthplans.com](https://sentarahealthplans.com)

Sentara Health Plans is a trade name of Sentara Health Plans, Sentara Health Insurance Company, Sentara Health Administration, Inc., and Sentara Behavioral Health Services, Inc.

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