

WellStyle Extras

WellStyle Extras are incredibly valuable, uniquely flexible features that encourage our members to live well in their own way.

Real Rewards for Fun and Fitness

\$300 WellStyle Rewards

- With WellStyle Extras, members can earn up to **\$300 WellStyle Rewards** (per contract) for completing healthy activities online or participating in one of our lifestyle coaching programs.
- Members can redeem WellStyle Rewards online for reward checks, or shop for gift cards from hundreds of popular restaurants, retailers, movie theaters and more!

Powerful Tools for Reaching Important Goals

Personal Health Manager, Powered by WebMD®

Our Personal Health Manager is a secure and simple way for members to manage their health care, set and track goals, and make well-informed health decisions in a completely personalized way.

The Personal Health Manager includes a variety of powerful, easy-to-use tools. **Members earn WellStyle Rewards for completing activities online** through these WebMD programs:

- **The HealthQSM Health Risk Assessment:** Collects information via an online questionnaire and provides a health status "score" on a 100-point scale, along with a personalized health improvement action plan.

- **The Lifetime Exercise Adherence Program (LEAP®):** Step-by-step guidance on creating and managing an exercise program for weight loss and improving overall fitness.
- **Nutrition Center Tools:** Offer personalized nutritional information and tools to track progress toward better eating habits.
- **Ready, Set, Stop Smoking:** A self-paced smoking cessation program divided into "modules" that make it easier to take quitting one step at a time.
- **The Personal Health Record (PHR):** Stores health information including allergies, medications, immunizations, tests, and more. Members can even choose to have information from health plan medical and pharmacy claims automatically uploaded into the Personal Health Record.





Expert Guidance to Achieve Positive Lifestyle Changes

Lifestyle Coaches

For members who are ready to lose a few pounds, lower their blood pressure, stop smoking or achieve other healthy goals, we offer direct access to personal Lifestyle Coaches who offer guidance and motivation when it comes to making life-long behavior changes.

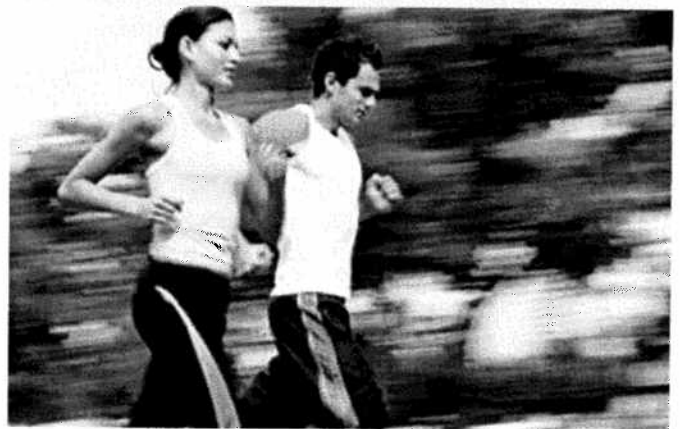
Healthyroads Coaching™ is a new way to look at weight management, tobacco cessation, and healthy living.

- **Convenient:** Talk with a coach by phone once a week when it works with your schedule, with easy online tools for tracking progress.
- **Completely customized:** Health coaches tailor a program, talk through concerns and trouble spots, and offer motivation.
- **Successful:** Reach a goal, make a healthy change, and enjoy the rewards!

Members simply sign up for a program (weight management, tobacco cessation or healthy living – a great program for stress management or for those whose healthy routines could use a little boost) then start working with a health coach once a week – **and earn WellStyle Rewards for participating!**

“ For the first time ever, I feel like this is something that I can stick with for a long time! It’s so easy and the results are so worth it!”

— **Andrea,**
Healthyroads participant



For more information, visit www.preferredcare.org