



# LivingHealthy

POWERED BY **WebMD** health services

is all about self-care!

**At this time in life, self-care is more important than ever!** Prevea360 Medicare Advantage can help you take better care of your health so you can stay active and independent.

You can set your own goals and track activities on your computer to earn points for gift cards through the **Living Healthy portal by WebMD**, a trusted health partner.

## Living Healthy Means Self-care

Taking care of yourself can sometimes be placed on the back burner when life keeps you busy. Prevea360 Medicare Advantage cares about your health and well-being, focusing on the whole person across **eight dimensions of wellness** making healthy living achievable and fun. We encourage you to take a few moments each day to nurture yourself! Living Healthy provides you with the right tools and information to achieve a healthier lifestyle.



### Self-awareness

- Health Assessment — Based on your individual questionnaire results, WebMD provides recommendations for each lifestyle category
- A variety of interactive self-management tools, quizzes and more are customized to your needs.

### Self-confidence

- Daily Habits goal setting can help you achieve and maintain your health

### Self-motivation

- Daily health improvements can lead to big health benefits
- Complete fun trackers and activities to earn rewards while living healthy

Log in to the **Living Healthy portal** today to start the journey to better health!

[prevea360.com/login](https://prevea360.com/login)



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

See back for details

# Living Healthy Rewards

Your rewards. Your choice.



## Earn up to \$150 in rewards!

Prevea360 Medicare Advantage 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

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

Visit [prevea360.com/livinghealthy](https://prevea360.com/livinghealthy)

Kickoff Activity	Points
Online Health Assessment You must complete this activity before you can redeem your reward	500
Screening/Exam Activities	
Annual preventive office visit	200
Virtual Visit	75
Annual dental visit	75
Annual flu vaccine	75
Immunizations	50
Where to go for care	50
Well-Being Activities	
Complete Mental Health Assessment	75
R.E.A.L. Goal	75
Read a Book	75
8 Dimensions Intro Video	50
Watch Webinar Series Video	50
Watch Harvard Happiness Study - Ted Talk	50
Tobacco-free User	50
Explore State & County Parks	50
Submit Advance Directive forms to your physician	25
Volunteer your time	25
Foodsmart Activities	
NutriQuiz	100
Meal Planner	50
ReTake NutriQuiz	100
Living Healthy Portal Activities	
Various Challenges Participate in a variety of monthly challenges to earn points.	15-175
Daily Habits	100-400
Sync device	25
Health topic self-assessment	20-240
Health Tracker	2-360 per tracker

All rewards MUST be redeemed before December 31, 2021.

# Access Living Healthy in the Member Portal

You will need your Member ID card to activate your member portal account.

- 1 Navigate to [member.prevea360.com](https://member.prevea360.com)
- 2 Click on **“Create Account”**
- 3 Enter your account information:
  - a. Enter your first and last name as shown on your Member ID card
  - b. Enter a valid email address



- 4 Following the password requirements, create and confirm your password
- 5 Complete the Multi-factor Authentication process by:
  - a. Selecting either text or call verification
  - b. Enter your phone number and click **“Request Code”**
  - c. The code will be sent to your phone.Once you receive your code, enter it in the **“Verification Code”** box, click on **“Verify Code”** and then on **“Continue”**
- 6 Complete the **“Member Details”** page using the information from your ID card
- 7 Read the **“Terms and Conditions”** and when finished click on **“Accept Terms & Conditions”** and then click **“Continue”**
- 8 The **“Registration Complete”** screen will appear, letting you know your registration was successful.

## Living Healthy - How to Log In

Once logged in to your member portal, click the **“Living Healthy”** tile:

- If it's your first-time using Living Healthy, create your account. You will only need to do this once. In the future, you will automatically access Living Healthy by clicking the Living Healthy tile within your member portal.
- If you've previously used Living Healthy, log in to your Living Healthy account with your current user name and password. You will only need to do this once. In the future, you will automatically access Living Healthy by clicking the Living Healthy tile within your member portal.

# Your Online Member Portal

## Access your plan information any time.

In addition to Living Healthy, the Member Portal provides easy access to your coverage information. You can:

- View Personal Information
- Order Member ID Card
- Download Member Benefits Documents
- View Claims and Claims Details
- Access Pharmacy Information
- Access Living Healthy
- Pay Premium

## Common Questions

### I forgot my password. How do I find out what it is?

Click Login to member portal and select **“Forgot your password?”** to choose a new password.

### I forgot my User ID. How do I find out what it is?

**IMPORTANT:** Store your user ID in a handy place so you can easily access it when you need to log in. If you forget your user ID, you will have to create a new account and re-register your account to access your information.

### Who can I contact if I’m having issues or questions about the member portal?

Please call the Prevea360 Medicare Advantage Customer Care Center at 1-877-232-7566 (TTY: 711), 8 am to 8 pm (year-round) and weekends (Oct. 1 - Mar. 31).

