



## Earn Rewards to Reduce Your Monthly Premium!

It's as simple as completing an online health assessment and answering a few questions about your health and lifestyle. You'll get a personalized report with action steps that can serve as your guide toward better health PLUS you'll get a Premium Reward!

If you think you've earned a Premium Reward and you haven't received it, contact your agency Benefits Administrator. You will need to provide a copy of your health assessment completion screen from the MyActiveHealth portal.

### What Do I Need to Do?

Visit [www.myactivehealth.com/cova](http://www.myactivehealth.com/cova) to complete or update your online health assessment.

#### To Earn a Reward Beginning July 1, 2017:

- Complete or update your health assessment between May 1 and May 15, 2017

#### To Earn a Reward After July 1, 2017:

- Complete a health assessment by the 15th of the month, and you will receive a reward in about six to eight weeks
- See the examples below and the chart on the DHRM website at <http://www.dhrm.virginia.gov/healthcoverage/open-enrollment>

Example	Completes Assessment	Receives Premium Reward
Monica	June 15, 2017	<b>August 1, 2017</b>
Mike	June 16, 2017	<b>September 1, 2017</b>

### Here's What You Save Every Month

- **Employee or spouse participates:** You save **up to \$204 annually** or **\$17 per month** in COVA Care or COVA HealthAware premiums once the requirement is met.
- **Employee and spouse participate:** You save **up to \$408 annually** or a total of **\$34 in premiums per month** once the requirements are completed.

For more details, contact MyActiveHealth at **866-938-0349**.

### Opting Out of the MyActiveHealth Portal

Makes you ineligible for Premium Rewards or any other program incentives.

## There's Even More Online to Help You

You already have access to an online doctor today, regardless of your health plan. Here are some additional, convenient resources your plans offer.

### COVA Care and COVA HDHP: LiveHealth Online Adds Psychology and EAP

You may now make an appointment with a licensed therapist **using LiveHealth Online Psychology**. Get help for anxiety, depression, grief, and panic attacks. Daytime, evening and weekend appointments are available. Schedule online or call **1-844-784-8409**. The cost is the same as an outpatient behavioral health office visit.

**Use your Employee Assistance Program (EAP) to see a counselor at no cost.** Through LiveHealth Online, talk with a licensed therapist as part of your EAP benefit. Call **1-855-223-9277** to get your coupon code and details on how to make your first appointment.

Register now at [www.livehealthonline.com](http://www.livehealthonline.com) or download the app.

### COVA Care, COVA HDHP and COVA HealthAware: Check Out the MyStrength Online Tool

The MyStrength online tool helps members deal with chronic pain, depression, substance abuse and anxiety. Visit your plan's EAP website to register:

#### COVA Care and COVA HDHP:

[www.AnthemEAP.com](http://www.AnthemEAP.com)

(Company Name: Commonwealth of Virginia)

#### COVA HealthAware:

[www.mylifevalues.com](http://www.mylifevalues.com)

(user name and password is cova)