



## What do YOU need to do to receive the \$100 paycheck credit in May or June 2010?

**To Earn a \$100 Paycheck Credit...Take two steps toward better health by April 16, 2010 – and get rewarded!**

### **Step One:**

Get a routine physical exam or have had one within the past 2 years. The \$100 credit is limited to Price Chopper associates who are MVP subscribers. Depending on when you got your routine physical, you may be paid the \$100 paycheck credit in May or June 2010. If you are a new member and have not had coverage through MVP Select Care during the past two years (but have had a routine physical during that time), you must provide proof from your physician that you have had a physical within the past two years (go to the Golub Corp. HR homepage on your intranet at work or to [www.mvpselectcare.com/pricechopper](http://www.mvpselectcare.com/pricechopper) to download and print the verification of routine physical form).

*\* Take the 2010 Personal Numbers Record Card (included in the home mailing announcing this initiative) with you to your physician, update it with your information and use it when you complete the Personal Health Assessment!*

### **Step Two:**

Complete your NEW and IMPROVED Personal Health Assessment from MVP Health Care

- Go to [www.mvpselectcare.com/pricechopper](http://www.mvpselectcare.com/pricechopper)
- Log in with your username and password on the left hand side of the page. If you are a new user, click "Create an account" to register for a login.
- Once you are logged in, click the "Wellness Tools and Activities" icon on the left and then click the orange "Take the PHA" button to get started. You must complete the assessment in full and will receive a score at the end.
  - Click "Forgot Username" or "Forgot Password" for log-in help sent to your registered e-mail address. If you are unable to retrieve your Username and/or Password online, contact MVP eSupport toll-free at 1-888-656-5695. Representatives are available Monday – Friday from 7 a.m.–12 midnight and Saturday–Sunday from 8 a.m.-4 p.m
- Enjoy your \$100 paycheck credit!

***If you do not have any Internet access, you can call MVP Member Services (1-800-586-5386) and they will help you receive a paper version of the PHA in the mail. However, please try to complete the online version since you will receive a PHA score and useful individualized health information and feedback (that you will not receive if you complete the paper version).***