

Get Started Guide for Price Chopper Associates Online Wellness Tools and Activities

What are your goals for living well? MVP Health Care's online wellness tools and activities can help you set, track and succeed at reaching the health improvement goals that are important to you.

- Improve your diet
- Manage stress
- Include more physical activity in your busy life
- Manage your emotional health, or track important aspects of physical health, like your blood sugar
- Quit tobacco

When you register for and log in to MVP's Web site for Price Chopper Associates at www.mvpselectcare.com/pricechopper, you can:

- **Complete an interactive Personal Health Assessment (PHA)** to get a customized report on your current health status. Read on for access instructions!
- Take online health improvement classes to get you started on the road to better health.
- Track your progress online with quick and easy tools.
- Find information and ideas that will help you take care of yourself, and inspire you to make healthy changes.

Personal Lifestyle Coaching

When you're ready to reach your health improvement goals, call your coach! Price Chopper associates can work one-on-one with a lifestyle coaching by phone on a regular (weekly) basis!

Coaching programs include:

- Fitness, Nutrition & Weight Management
- Tobacco Cessation
- Stress Management
- Healthy Living (high blood pressure, high cholesterol, pre-diabetes or metabolic syndrome)

You can participate in
52 thirty-minute coaching
sessions each year.

**Call 1-877-748-2746
to schedule a session!**

Working with a lifestyle coach is VERY rewarding!

- Choose a great gift from your coach after completing your third session: a yoga, Pilates or healthy living kit, a six-week supply of nicotine replacement therapy, a wireless scale, wireless blood pressure monitor or a wireless activity monitor that automatically uploads your workout information to the Web!

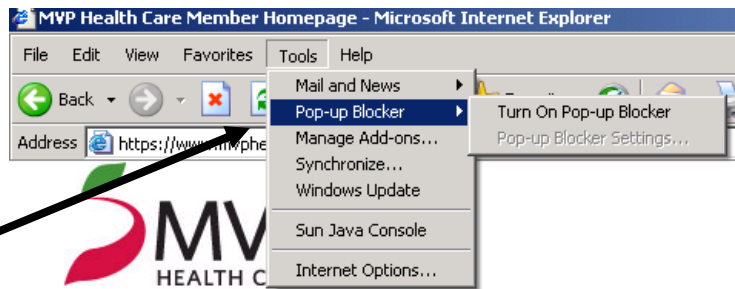


Follow these steps to log in at www.mvpselectcare.com/pricechopper, then go to the Personal Health Assessment (PHA) and other online wellness tools and activities!

1. Adjust Your Browser Settings

Before you get started, please complete the following steps to properly configure your browser.

- Disable Your Pop-up Blocker
 - In your browser window select: Tools > Pop-up Blocker > Turn Off Pop-up Blocker
- Enable Cookies
 - In your browser window select: Tools > Internet Options > Privacy > Accept All Cookies

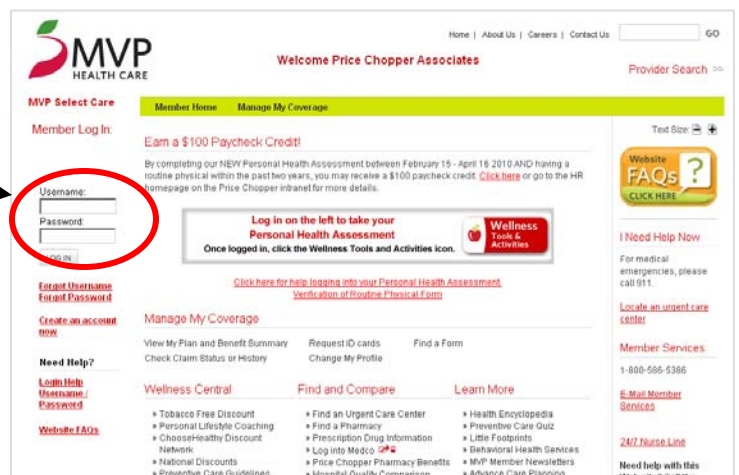


2. Register for a Username and Password

- If you do not have a Username and Password for the MVP Web site, visit www.mvpselectcare.com/pricechopper and click the “Wellness Tools and Activities” banner. Click the “Create an Account Now” link to register.
- On the registration screen, you will be prompted to enter your Member ID from your MVP Member ID card. Next, fill in all of the required fields, select a Username and Password and set your security questions and answers.
- Make sure to write down your Username and Password for future use, and keep it in a secure location.

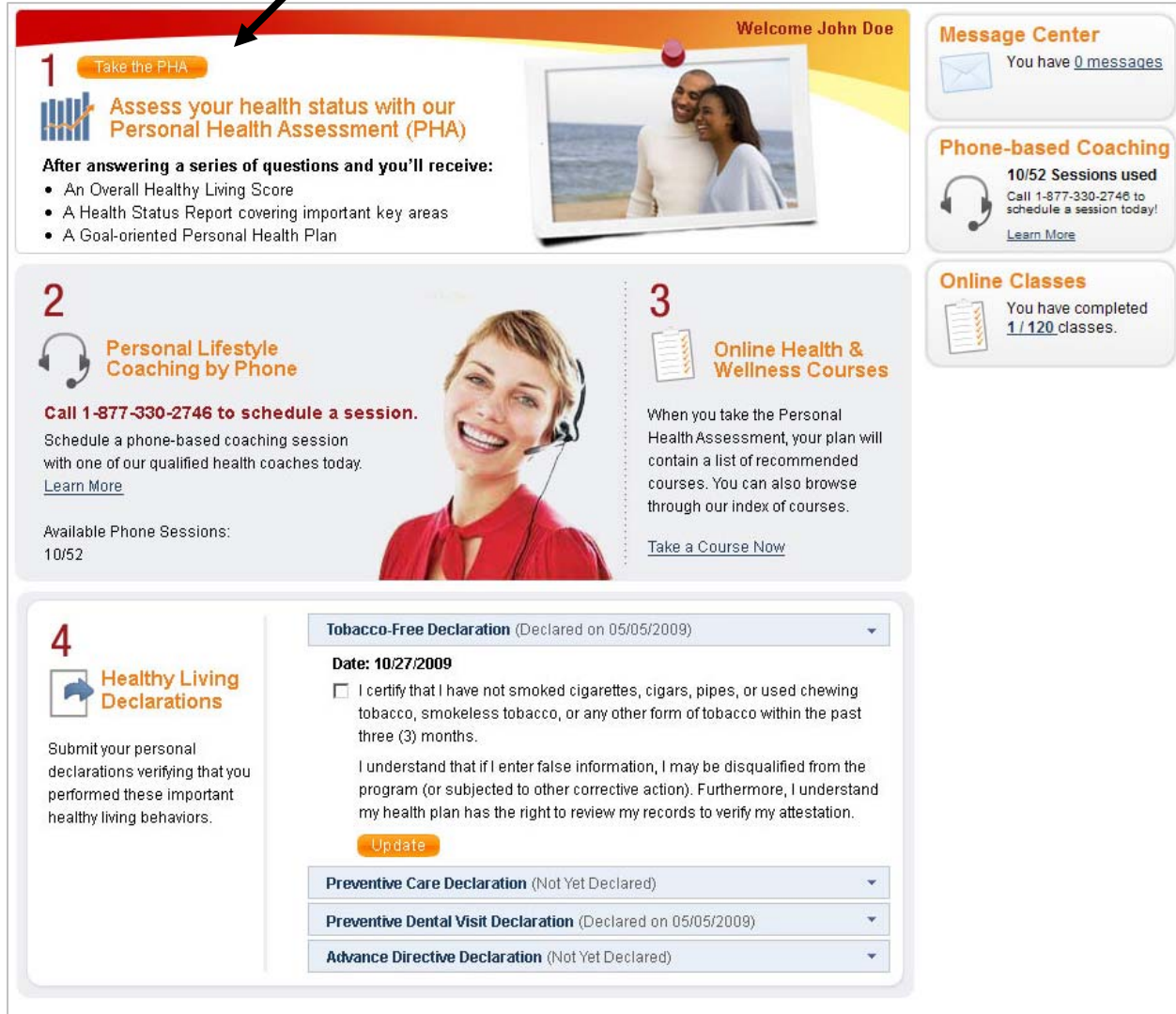
3. Log In as a Member

- Once you have an account, you are ready to log in at www.mvpselectcare.com/pricechopper. Enter your username and password on the left side, and click Log In.
 - 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.



4. Go to the Personal Health Assessment

- After you log in as a member, you will see the “Wellness Tools & Activities” button on the left side of your screen.
- Click this button on the Wellness Tools and Activities home page, then click the “Take the Personal Health Assessment (PHA)” button to begin your assessment.



Welcome John Doe

1 [Take the PHA](#)

Assess your health status with our Personal Health Assessment (PHA)

After answering a series of questions and you'll receive:

- An Overall Healthy Living Score
- A Health Status Report covering important key areas
- A Goal-oriented Personal Health Plan

2 **Personal Lifestyle Coaching by Phone**

Call 1-877-330-2746 to schedule a session.

Schedule a phone-based coaching session with one of our qualified health coaches today.

[Learn More](#)

Available Phone Sessions: 10/52

3 **Online Health & Wellness Courses**

When you take the Personal Health Assessment, your plan will contain a list of recommended courses. You can also browse through our index of courses.

[Take a Course Now](#)

Message Center
You have [0 messages](#)

Phone-based Coaching
10/52 Sessions used
Call 1-877-330-2746 to schedule a session today!
[Learn More](#)

Online Classes
You have completed [1 / 120](#) classes.

4 **Healthy Living Declarations**

Submit your personal declarations verifying that you performed these important healthy living behaviors.

Tobacco-Free Declaration (Declared on 05/05/2009)

Date: 10/27/2009

I certify that I have not smoked cigarettes, cigars, pipes, or used chewing tobacco, smokeless tobacco, or any other form of tobacco within the past three (3) months.

I understand that if I enter false information, I may be disqualified from the program (or subjected to other corrective action). Furthermore, I understand my health plan has the right to review my records to verify my attestation.

[Update](#)

Preventive Care Declaration (Not Yet Declared)

Preventive Dental Visit Declaration (Declared on 05/05/2009)

Advance Directive Declaration (Not Yet Declared)

- The PHA must be completed in full and you must receive a health “score” at the end to be logged as a successful completion by MVP.
- Once complete, you’ll get a health “score” from 1-100, along with a complete report and suggestions for a personal health plan you can follow to improve your score!

For Web site help, contact MVP Health Care eSupport Help Desk at (888) 656-5695. Representatives are available Monday – Friday from 7 a.m. – 12 midnight Eastern Time and Saturday – Sunday from 8 a.m. – 4 p.m.
www.mvpselectcare.com/pricechopper