



Sentara Well-being Rewards

At Sentara Health Plans, we invest in your overall health

Who is eligible for the Sentara Well-being Rewards program?

How do I know if I am eligible?

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sentarahealthplans.com

1-800-543-3359

How does the program work?

\$250

How do I get started?

sentarahealthplans.com

- sentarahealthplans.com

- [WebMD.com](https://www.webmd.com)

What activities do I need to complete on the WebMD ONE Portal to earn rewards?

When are payments for completed activities loaded onto the prepaid card?

How will I receive my prepaid card?

Where can I track my activities and rewards progress?

Who funds the rewards for this program?

When does the Sentara Well-being Rewards program launch?

sentarahealthplans.com

1-800-543-3359

How do reward years align with the coverage year for members?

Who do I contact if I have more questions?

wellness@sentara.com