



## ESSENTIAL PLAN

# Essential health benefits. No-cost premium.

The Essential Plan is available to low and moderate-income New York State residents ages 19–64 who do not qualify for Medicaid and do not have access to affordable coverage from an employer. With a \$0 monthly premium and no deductible, the plan starts paying for your health care right away.

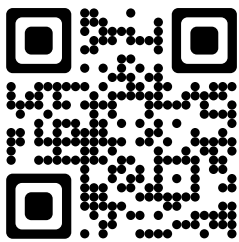
## Earn up to \$225 in Well-Being Rewards and Reimbursements!

The Essential Plan from MVP encourages and supports your overall health by offering up to \$225 in Well-Being Rewards and Reimbursements per contract, per plan year. Get a \$100 reward when you complete your annual physical from your primary care provider. On top of that, MVP will reimburse you up to \$125 for participating in wellness activities. You also have access to a range of online wellness tools and activities, such as a personal health assessment and free online classes for health management.

**Gia by MVP gives you 24/7 access to \$0 virtual care doctors and plan information anytime, anywhere.\***

**Enrollment is open all year,  
and MVP is here to help.  
Learn more and apply today!**

Call **1-800-TALK-MVP** (1-800-825-5687) or visit **[mvphealthcare.com/essential](https://mvphealthcare.com/essential)**.



\*Available to members 18 years of age and older.

To learn more about applying for health insurance, including Medicaid, Child Health Plus, Essential Plan, and Qualified Health Plans through NY State of Health, The Official Health Plan Marketplace, visit **[www.nystateofhealth.ny.gov](https://www.nystateofhealth.ny.gov)** or call **1-855-355-5777**.

MVP offers the Essential Plan for residents in New York State who qualify and reside in Albany, Columbia, Dutchess, Genesee, Greene, Jefferson, Lewis, Livingston, Monroe, Oneida, Ontario, Orange, Putnam, Rensselaer, Rockland, Saratoga, Schenectady, Sullivan, Ulster, Warren, Washington, and Westchester Counties.

The Essential Plan is offered by MVP Health Care and available through NY State of Health, The Official Health Plan Marketplace.

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