



# WELLNESS REWARDS

## Take Steps to Better Health, Earn Gift Card

Preventive care can add up to better health for you. Our new and improved Wellness Rewards program helps you earn a \$50 gift card for completing your preventive care visit, screenings and certain other wellness activities.

### HOW IT WORKS

All you have to do is have an annual wellness visit or physical\*, plus complete at least two of the following. We take it from there. You don't have to submit anything.

#### **Breast cancer screening (mammogram)**

- Females ages 50–74 (recommended once every two years)

## Colorectal cancer screening

Options:

- Colonoscopy (recommended once every 10 years)
- Fecal occult blood testing (recommended once a year)
- FIT-DNA testing (recommended once every three years)
- Sigmoidoscopy (recommended once every five years)

## Eye exam

Recommended once a year

## Nephropathy urine test

Checks urine for signs of kidney disease

## Be Fit benefit use

Choose where you want to work out, and we pay you back up to \$360 per year for gym membership or fitness class fees. Visit [HealthAllianceMedicare.org](https://HealthAllianceMedicare.org) for full details and the reimbursement form.

\*An annual wellness visit or annual physical with your primary care physician is required in order to receive your Wellness Reward.

## Ask your doctor about recommended frequencies.

Please allow up to 120 days for submission and processing of claims before receiving your gift card. If you have questions, call the Member Services number on the back of your ID card, daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

Health Alliance Medicare is a Medicare Advantage Organization with a Medicare contract. Enrollment in Health Alliance Medicare depends on contract renewal.

MDMB-wellnessrewardsd20MDW-0519 • Y0034\_20\_78883\_M