

SelectHealth Advantage Healthy Living 2022

START LIVING A HEALTHIER LIFESTYLE TODAY AND GET REWARDED.

We know that regular preventive care along with exercise and proper nutrition can help prevent or delay the onset of disease and disability.

That's why SelectHealth Advantage® members can qualify for rewards for keeping up with wellness activities like annual routine physicals and flu shots.

Here's how it works:

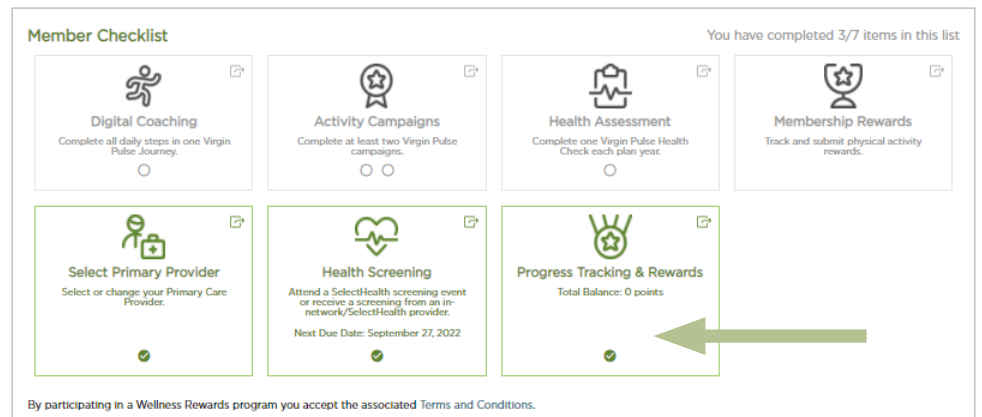
- 1 Complete** wellness activities to earn rewards. The amount you earn depends on the activity you complete. You don't need to track a thing. We'll automatically add your completion.
- 2 Log in** to your SelectHealth account to see your rewards balance and other activities you can complete.
- 3 Redeem** by December 30, 2022. You can redeem rewards for giftcards as you complete activities or save up your rewards for a larger gift card. Rewards don't carry over to a new year, so be sure to redeem your gift cards by December 30, 2022.

HOW TO ACCESS THE HEALTHY LIVING ONLINE PORTAL

You can view your **Activities**, **Reward** balance, and **gift cards** through your online SelectHealth Account.

Visit selecthealth.org/medicare and click **"Member Login"** to access your account.

If you do not have a SelectHealth account, follow the simple registration process.



Under your Member Checklist, click on the **Progress Tracking and Rewards** button to access the Healthy Living dashboard.

Questions? Call Member Services toll-free at **855-442-9900** during the following dates and times:

October 1 to March 31: Weekdays 7:00 a.m. to 8:00 p.m., Saturday and Sunday 8:00 a.m. to 8:00 p.m.

April 1 to September 30: Weekdays 7:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to 2:00 p.m., closed Sunday.

Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call 711.



2022 Healthy Living Wellness Activities



If you are a SelectHealth Advantage member, you can participate in a Healthy Living program that is customized to your specific needs. You can get rewarded for a variety of activities based on your health, screenings you may need, or conditions you have. Log into your SelectHealth account at selecthealth.org to view your activities list. The list below shows some reward activities you may be eligible for.

2022 Healthy Living Wellness Activities

ANNUAL ACTIVITIES You can complete these activities every year		REWARD
Annual Routine Physical	Preventive care is an important part of maintaining good health. The annual routine physical is a service that is designed to help you and your Primary Care Provider (PCP) identify the care you need and manage any chronic conditions you may have.	\$40
Flu Shot	It's recommended that you receive a flu shot every year to prevent the flu.	\$20
Health Risk Assessment	Your answers from this health assessment will help us learn more about your overall well-being. Visit your online SelectHealth account or selecthealth.org/hra to get started	\$20
RECOMMENDED SCREENINGS You can complete these activities as they are recommended		
Colonoscopy	If you are between the ages of 45 and 75, it's recommended you receive a colonoscopy at least every 10 years (every 2 years for high-risk members). Colonoscopy screenings can identify and remove precancerous colon polyps.	\$20
Mammogram	If you are a female between the ages of 52 and 74, it's recommended that you receive a mammogram every one to two years.	\$20
CONDITION SPECIFIC ACTIVITIES You can complete these activities as they are recommended		
Eye Exam	Eye health is important for everyone. Regular eye exams can be especially important for people who have been diagnosed with diabetes, glaucoma, or cataracts.	\$20
Kidney Function Tests	These tests help monitor how well your kidneys are functioning. If you have been diagnosed with diabetes, it's recommended to receive these tests every year. You must receive the blood and urine test to be eligible for the \$20 reward.	\$20

Disclaimers: Your gift card PIN will be the last four digits of your Member ID number. Excess rewards do not roll over to a new year. Rewards are applied when SelectHealth receives confirmation reporting usually within 2-3 weeks of activity completion.

SelectHealth obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 SelectHealth Advantage: **855-442-9900** (TTY: 711)