



Select Health Medicare

Wellness Your Way + Over-the-Counter Benefit.

As a Select Health Medicare member, you can use your Benefits Mastercard® Prepaid Card (Flex Card) to pay for wellness activities and services, as well as over-the-counter products. These benefits are a combined purse in your Flex Card account, with a yearly allowance that you choose how to spend.

Dollar amounts do not roll over into the next plan year, so make sure you use your yearly allowance by **December 31**.

Wellness Your Way.

Find a wellness activity or service to help you live a healthier life.

Use your Flex Card to pay for approved activities or services.

What kind of wellness activities can you choose?

- Approved weight management programs
- Fitness center memberships
- Golf green fees and driving range
- League fees
- Health education classes
- Home safety devices or assessments
- Fitness classes
- Memory fitness subscriptions like BrainHQ
- Ski lift passes
- Sport equipment rentals
- Virtual fitness subscriptions like Peloton and NordicTrack
- Silver&Fit Flex program*

Not sure if an activity is covered? Give us a call. Our team can clarify whether an activity is approved and walk you through the reimbursement process, if needed.

Some activities, services, and items are not covered, such as:

- Fitness equipment, apparel, or accessories purchased for personal or home-use
- Purchase of meals or supplements
- Club membership fees
- Alternative or holistic education services
- National and State Park passes
- Hunting and fishing licenses
- Camp site fees

*Members must register for this program through Silver&Fit.

Over-the-Counter (OTC) Benefit.

Use your Flex Card when checking out at an approved retail location. Simply swipe your card for payment and select “credit” when prompted. Selecting “debit” will decline the transaction.

Order online by visiting selecthealth.nationsbenefits.com or by using the Benefits Pro app.

What kind of OTC items can you buy?

- Pain relievers
- Vitamins and minerals (e.g., fish oil, calcium, multivitamins)
- Bandages and antibiotic ointment
- Toothbrushes, toothpaste, and dental floss
- Cough drops
- Cottons swabs
- Antacids
- Lotion
- Eye drops
- First aid supplies...and more!

Order by phone or mail by contacting NationsBenefits at **833-878-0232 (TTY: 711)**. Order forms and catalogs should be mailed back no later than December 20th to ensure that the order total is applied to the current benefit period.

NationsBenefits® Member Experience Advisors are available 8:00 a.m. to 8:00 p.m. local time.

Mail completed forms to:

NationsBenefits
1700 N. University Drive
Plantation, FL 33322

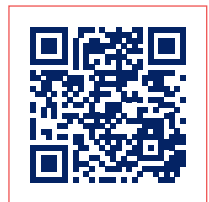
Manage Your Account.

Visit SelectHealth.NationsBenefits.com or download the **Benefits Pro app** to access your account.

Once logged in, you can easily:

- Review balances and expiration dates
- Review, order, and track OTC products
- Find approved retail locations
- Track orders and transaction history
- Submit a Wellness Your Way reimbursement

Visit selecthealth.org/medicare/wellness or scan the QR code to learn more about these benefits.



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