

Select Health Medicare

Wellness Your Way.

As a Select Health Medicare member, you can use your Select Health Medicare Flexible Benefits card to pay for wellness activities and services.

Here's how it works:

Find a wellness activity or service to help you live a healthier life. What's important is that you feel great and get to build the healthy lifestyle that works for you.

Use your Select Health Medicare Flexible Benefits card to pay for approved activities or services.

Log in to your Benefits Pro portal to see your Wellness Your Way wallet balance. Remember, your remaining balance won't carry over to a new year, so be sure to use your balance by **December 31, 2024**.

What kind of wellness activities can you choose?

- Approved weight loss programs
- Bicycle Rental
- Bicycle tune up
- Bowling
- Bucket of golfballs at the driving range
- Golf green fees
- Gym memberships
- Health education classes
- Home safety devices
- Horseback riding
- Hunting & fishing licenses
- In-home safety assessments
- Martial arts classes
- National parks passes
- Nutritional counseling and weight loss programs
- Ski lift passes
- Virtual fitness subscriptions like Peleton and NordicTrack

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.

While we want to reward you for your healthy habits, there are some activities, services, and items that are not covered, such as:

- Fitness equipment purchased for personal or home-use
- Purchase of meals or supplements
- Alternative or holistic education services

Scan the QR code or visit selecthealth.org/medicare/wellness/wellness-your-way to learn more.



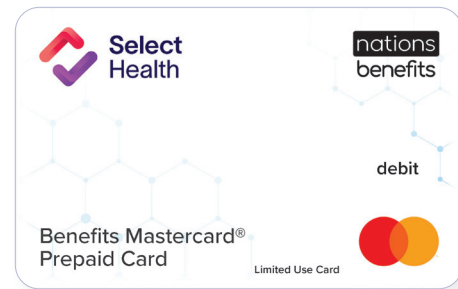
**Select
Health**

Managing your Wellness Your Way benefit.

Visit SelectHealth.NationsBenefits.com or download the Benefits Pro app to access your account. If you do not have an account, you can create one by visiting SelectHealth.NationsBenefits.com.

Through the Benefits Pro portal, you can view your benefit-specific information and easily:

- Activate and manage your Select Health Flexible Benefits card.
- Review your account balance.
- Track transaction history.
- Submit for a Wellness Your Way reimbursement.



QUESTIONS?

Call Select Health 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**.

Select Health is an HMO, PPO, SNP plan sponsor with a Medicare contract. Enrollment in Select Health Medicare depends on contract renewal.

Select Health 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 by contacting Select Health Medicare: **855-442-9900 (TTY: 711)**

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

