



**Select
Health**

Select Health Medicare Healthy Living 2024.

Living a healthy lifestyle has never been more rewarding!

Complete wellness activities to earn rewards.

Once you complete activities like getting your flu shot or your annual routine physical, your reward dollars will be automatically added to your Healthy Rewards wallet (part of your Select Health Medicare Flexible Benefits account). Reward amounts vary by activity

Use your Select Health Medicare Flexible Benefits card to redeem rewards.

Rewards dollars can be used for fitness equipment, wellness services, home essentials, wearable technology, dining experiences, and more!

Note: Alcohol, ammunition, firearms, gift cards, prescriptions, and tobacco are not eligible.

Log in to your **MyBenefits** portal to review your Healthy Rewards wallet balance. Remember, rewards do not carry over to the next year, so make sure you spend your rewards dollars by **December 31, 2024**.

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



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**.

Excess rewards do not roll over to a new plan year. Rewards are applied when Select Health receives confirmation reporting usually within 4–6 weeks of activity completion.

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



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2024 Healthy Living wellness activities.		
ANNUAL ACTIVITIES.		REWARD.
Annual routine physical.	The annual routine physical is a service designed to help you and your Primary Care Provider (PCP) maintain your health, identify care you may need, and manage any chronic conditions you may have.	\$40
Flu shot.	It's recommended that you receive a flu shot every year.	\$20
Health risk assessment.	Your answers will help us learn more about your overall well-being. Log in to your Select Health account or visit selecthealth.org/hra to get started.	\$20
RECOMMENDED SCREENINGS.		
Only members in the recommended age bracket can receive rewards for completing these screenings.		
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
Osteoporosis screening.	If you are a female between the ages of 66 and 75, it's recommended you complete a bone measurement test to detect and prevent osteoporotic fractures.	\$20
RECOMMENDED COLORECTAL CANCER SCREENINGS.		
Only members in the recommended age bracket can receive rewards for completing these screenings.		
HIGH REWARD.		
These tests are more successful at detecting early signs of colorectal cancer.		
Colonoscopy.	If you are between the ages of 45 and 75, it's recommended you receive a colonoscopy at least once every 10 years (every 2 years for high-risk individuals). Colonoscopy screenings can identify and remove precancerous colon polyps.	\$100
LOW REWARD.		
These tests, while helpful, are not as effective as a colonoscopy in detecting early signs of colorectal cancer.		
Fecal Immunochemical Test (FIT).	If you have not received a colonoscopy, it's recommended you complete a FIT once a year. It tests for hidden blood in the stool, which can be an early sign of cancer.	\$20
CONDITION-SPECIFIC ACTIVITIES.		
Only eligible members with diabetes can receive rewards for completing these activities.		
Retinal eye exam.	Regular eye exams are an important screening for individuals diagnosed with diabetes.	\$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 tests to be eligible for the reward.	\$20

Note: If you complete a reward activity, but are not within the recommended age limit, or do not have the specific condition, you will not be eligible for the reward.