



Select Health Medicare Healthy Living 2025

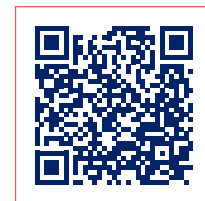
Living a healthy lifestyle has
never been more rewarding.

When you complete wellness activities, like getting your annual physical, money is added to your Healthy Rewards balance that you can spend on fitness equipment, wellness services, home essentials, dining experiences, and more.

Log in to your **MyBenefits** portal to review your Healthy Rewards balance. **Remember, rewards do not carry over to the next year.** It's recommended that you complete your reward activities by **October 1, 2025**, so you can spend your rewards dollars by **December 31, 2025**.

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

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** (TTY: **711**) 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.



2025 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.	\$100

RECOMMENDED BREAST CANCER 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.	\$40
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RECOMMENDED COLORECTAL CANCER SCREENINGS

Only members in the recommended age bracket can receive rewards for completing these screenings.

HIGH REWARD

This test is 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
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LOW REWARD

These tests, while helpful, are not as effective as a colonoscopy in detecting early signs of colorectal cancer.

Fecal Immunochemical Test (FIT), Fecal Occult Blood Test (FOBT), or CT Colonography.	If you are between the ages of 45 and 75 and have not received a colonoscopy, it's recommended you complete a FIT, FOBT, or CT Colonography once a year to test for early signs of cancer.	\$20
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Note: If you complete a reward activity, but are not within the recommended age limit, you will not be eligible for the reward.

Excess rewards do not roll over to a new plan year. Rewards are applied to your Benefits Mastercard® Prepaid Card (Flex Card) Healthy Rewards balance after Select Health receives confirmation reporting, which can take 4–6 weeks after activity completion.

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