



# Select Health Medicare Healthy Living 2025

Living a healthy lifestyle has  
never been more rewarding.

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When you complete wellness activities, like getting your annual physical, money is added to your Healthy Living Rewards purse on your Benefits Mastercard® Prepaid Card (Flex Card). You can spend this money on fitness equipment, wellness services, home essentials, dining experiences, and more.

It's recommended that you complete your reward activities by **October 1, 2025**, so you can spend your reward dollars before the end of the year. Rewards earned through December 31 will be available on your Flex Card until **March 31** of the next year.

**Log in** to your online portal at **SelectHealth.NationsBenefits.com** to review your Healthy Living Rewards purse balance.

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

Scan the QR code or visit **[selecthealth.org/medicare/wellness/healthy-living](https://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
Flu shot.	It's recommended that you receive a flu shot every year.	\$20

## 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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## CONDITION-SPECIFIC ACTIVITIES.

Only eligible members with diabetes can receive rewards for completing these activities.

Diabetic eye exam.	Regular eye exams are an important screening for individuals diagnosed with diabetes.	\$20
Diabetic Kidney Testing.	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, you will not be eligible for the reward.

**Rewards are applied to your Flex Card Healthy Rewards purse balance after Select Health receives confirmation reporting, which can take 4–6 weeks after activity completion.**

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