

Dear Member,

Earn Rewards with Select Health Share® While Managing Your Diabetes

Our Select Health Share plan is focused on helping you stay healthy. We've partnered with the experts to identify a few simple—but essential—engagements to help you and your doctor manage your diabetes. Managing diabetes can be complicated and requires continuous effort and support. That's why Share wants to reward you for managing your diabetes when you complete the following required Share Diabetes Management engagements:

- > «**\$60 reward – Blood sugar monitoring (HbA1C test)**»
- > «**\$60 reward – Kidney monitoring (e-GFR plus UAC tests)**»
- > «**\$60 reward – Vision monitoring (diabetic retinal eye exam)**»

In addition to the above required engagements, we offer optional activities you can do to earn yearly bonus rewards:

- > **\$40 reward - Wellness Coach.** Talk with a Select Health wellness coach on the phone twice at (at least 30 days apart).
- > **\$60 reward - Medical Nutrition Therapy.** Meet with a dietitian for at least three sessions, at no cost to you.
- > **\$120 reward - Way to Wellness.** Attend 16 nutrition classes over six months and earn \$60. Then attend seven more classes over the next six months to earn another \$60. If you complete all 23 classes, the Share plan will cover the program at no cost to you.

Why is diabetes management important?

Left unmanaged, diabetes **can lead to serious complications**, including heart disease, stroke, blindness, hypertension, diseases of the kidney and the nervous system, amputations, and premature death. Regular doctor's visits can help you and your doctor monitor and control your blood sugar, reduce complication risks, and improve your quality of life.

How do I get credit on my Tasks page and earn a Share Recognition Reward?

Your doctor can write an order for you to complete each of the Share Diabetes Management engagements. You can earn one reward per required engagement per year. **You can also earn yearly bonus rewards by participating in the optional activities listed above.** To view your progress or redeem rewards, log on to selecthealth.org and go to the Diabetes Management card on your Tasks page.

How do I schedule an appointment or lab draw on my network?

- > Call Member Advocates at **800-515-2220**
- > Go to selecthealth.org and select **Find a Doctor** or **Find a Facility**
- > Get an in-network recommendation from your primary care doctor (bring this letter if you have an office visit)

Coverage or other questions?

- > Call Member Services at **800-538-5038** and ask about the "Share Diabetes Management Program and Rewards."
- > Visit selecthealth.org. From your Dashboard find My Tasks then select View All Tasks to your Tasks page.

Sincerely,

Your Select Health Share Product Team

1. *Due to claims processing times, please allow at least 30 days after completing an engagement before inquiring about a missing card on your Tasks page.*
2. *The Diabetes card may not appear on your Tasks page for up to 48 hours after you create a Select Health account.*

**The total wellness and incentive rewards for members enrolled in multiple Select Health programs is limited to \$580 per calendar year per household. Rewards received may be considered income and subject to tax.*

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.

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

Select Health Advantage: **855-442-9900** (TTY: 711) / SelectHealth: **800-538-5038**