

SelectHealth Medicare Healthy Living 2023



LIVE A HEALTHY LIFESTYLE AND GET REWARDED.

We know that regular preventive care, exercise, and proper nutrition can help prevent or delay the onset of disease and disability.

That's why SelectHealth Medicare members can earn rewards for keeping up with wellness activities like annual routine physicals and flu shots.

Here's how it works:

- 1 **Complete** wellness activities to earn rewards. The amount you earn depends on the activity you complete. You don't need to track a thing. We'll automatically add your reward dollars to your SelectHealth Medicare Flexible benefits account.
- 2 **Use your rewards** with your **SelectHealth Medicare Flexible Benefits card**. When it comes to spending your reward dollars, you have options! These funds are flexible and can be used to buy a wide variety of things that can help keep you healthy. Use them in unique ways like buying healthy groceries, that fancy smartwatch you've been eyeing, or even your utility or cell phone bill.

We want you to be creative in how you spend your Healthy Living rewards, but some things are excluded, including alcohol, tobacco, and gift cards.

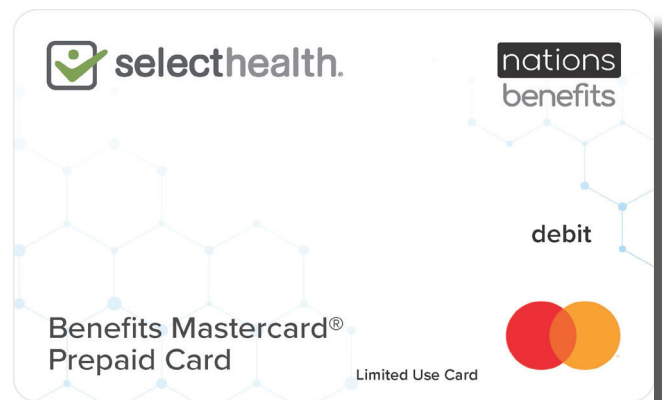
- 3 **Log in** to your **MyBenefits** portal to see your account balance. Rewards don't carry over to a new year, so be sure to spend your rewards dollars by **December 31, 2023**.

HOW TO ACCESS YOUR MYBENEFITS PORTAL

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

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

- > Activate and manage your SelectHealth Flexible Benefits card
- > Review your account balance
- > Check for eligible products and services
- > Order health and wellness products
- > Search for retail locations that accept your card
- > Track order and transaction history



Questions?

Call SelectHealth 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.

2023 Healthy Living Wellness Activities



If you are a SelectHealth Medicare member, you can participate in a Healthy Living program that is customized to your specific needs. You can get rewarded for activities based on your health, recommended screenings, or existing health conditions. See the list below for rewards activities you may qualify for.

2023 Healthy Living Wellness Activities

ANNUAL ACTIVITIES You can complete these activities every year		REWARD
Annual Routine Physical	Preventive care is an important part of maintaining good health. The annual routine physical is a service designed to help you and your Primary Care Provider (PCP) identify the care you need and manage any chronic conditions you may have.	\$40
Flu Shot	It's recommended that you receive a flu shot every year to prevent the flu.	\$20
Health Risk Assessment	Your answers from this health assessment will help us learn more about your overall well-being. Use your online SelectHealth account or visit selecthealth.org/hra to get started.	\$20
RECOMMENDED SCREENINGS You can complete these activities as they are recommended		
Colonoscopy or Fecal Immunochemical Test (FIT)	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. If you have not received a colonoscopy, it's recommended you complete a FIT test once a year. It tests for hidden blood in the stool, which can be an early sign of cancer.	\$20
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
CONDITION SPECIFIC ACTIVITIES You can complete these activities if you have diabetes		
Retinal Eye Exam	Eye health is important for everyone. Regular eye exams can be especially important for people who have been 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 \$20 reward.	\$20

Disclaimers: Excess rewards do not roll over to a new year. Rewards are applied when SelectHealth receives confirmation reporting usually within 4-6 weeks of activity completion. SelectHealth is an HMO, PPO, SNP plan sponsor with a Medicare contract. Enrollment in SelectHealth Medicare depends on contract renewal. SelectHealth 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 SelectHealth Medicare: **855-442-9900** (TTY: 711)