

Dear Member,

Earn rewards with Select Health Share® for lowering your diabetes risk.

Our Select Health Share plan is focused on helping you stay healthy. Our records show you have one or more health factors that may put you at risk for developing diabetes. This does not necessarily mean that you have prediabetes, but taking steps to prevent diabetes is important. That's why we want to reward you for taking action to reduce your risk by inviting you to participate in Share Diabetes Prevention Activities. Participate in any of these **optional** activities and earn yearly bonus rewards for each activity you complete:

- > **\$20 reward - Prediabetes 101.** Attend a free two-hour class, available online or in-person.
- > **\$40 reward - Wellness Coach.** Talk with a Select Health wellness coach on the phone twice (sessions must be at least 30 days apart).
- > **\$60 reward - Medical Nutrition Therapy.** Meet with a dietitian for at least three sessions. The Share plan covers up to five 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 prevention important?

Diabetes is one of our largest public health problems. Diabetes and prediabetes can cause blood sugar levels to rise higher than normal. This leads to long-term complications such as heart disease, nerve damage, kidney damage, and more. Even small lifestyle changes can lower your risk—the earlier you intervene, the better your outcomes.

How do I earn a Share Recognition Reward?

This is not a required Share engagement. However, you can earn yearly bonus rewards for participating in the optional activities listed above. To view your progress and redeem rewards, log on to selecthealth.org and go to the Diabetes Prevention card on your Tasks page.

What if I need help signing up or have other questions?

Call Member Services at **800-538-5038** to ask about the Share Diabetes Prevention Program and Rewards or for instructions on how to sign up for a Share Diabetes Prevention Activity.

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 Prevention 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 subscriber family. 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) / Select Health: **800-538-5038**