



Wellness Rewards made for you.

Take healthy steps to earn a \$50 gift card.

Preventive care is important for your overall health and well-being, so we made the Wellness Rewards program to reward you for focusing on prevention. You can work your way toward better health while earning a \$50 gift card.

How It Works

You earn your gift card by having an annual wellness visit or physical* and completing at least two items from the list below. You don't have to submit extra paperwork.

Breast Cancer Screening (Mammogram)

This screening is recommended for females ages 50 - 74 (once every two years).

Colorectal Cancer Screening

You have options:

- Colonoscopy (recommended once every 10 years).
- Fecal occult blood testing (recommended once a year).
- Fecal immunochemical test (FIT) DNA testing (recommended once every three years).
- Sigmoidoscopy (recommended once every five years).

Eye Exam

This exam is recommended once a year.

Nephropathy Urine Test

This test checks urine for signs of kidney disease.

Be Fit Benefit Use

Get fit at the fitness center of your choice. You choose where you want to work out, and we pay you back up to \$360 per year for gym membership or fitness class fees. Go to HealthAllianceMedicare.org/Be-Fit for full details and the Be Fit reimbursement form.

Ask your doctor about recommended frequencies or what's appropriate for your situation. Please allow up to 120 days for submission and claims processing before receiving your gift card.

For Questions

If you have questions, call the Member Services number on the back of your ID card, daily from 8 a.m. to 8 p.m. local time. Voicemail is used on holidays and weekends from April 1 to September 30.

**An annual wellness visit or annual physical with your primary care provider is required to receive the Wellness Rewards gift card.*

