

Regence



IDAHO

# Get the rewards you deserve!

Activate your card today to earn wellness rewards.

## Earn rewards for taking care of yourself.

Healthy Rewards, your new well-being program, guides you step by step, so you always know what to do next to earn more rewards. As a Regence member, you can **enjoy this program at no cost.**

## How do you earn rewards and incentives?

Complete the activities to the right and earn! It's that easy. Please allow up to 60 days for your claims to process to be eligible for rewards.

Once you've completed an eligible activity, you'll receive your card in the mail. Please activate it when you get it. By doing that, you're opting in to the Healthy Rewards program. (You'll have to activate your new card even if you were in the rewards program in the past.) Make sure to save your card, as reward dollars will be loaded on it throughout the year as you earn them.

## When do your Healthy Rewards dollars expire?

You must complete the eligible activity within the plan year; however, you will have until March 31 the following year to spend your rewards. If your coverage ends during the plan year, you will have until December 31 to spend your rewards.

## Earn rewards by completing any or all of the following activities:

**Fall risk prevention – \$15** for talking with your health care provider about reducing your risk of falls

**Annual wellness visit or annual physical; or if you qualify, an in-home assessment – \$25**

**Colonoscopy\* – \$50**

**Other colorectal cancer screenings\* – \$25**

**Breast cancer screening – \$25**

**Diabetes care – \$50** for completing diabetic eye exam, blood sugar testing and kidney disease testing

**Osteoporosis management – \$50** for completing bone mineral density screening or receiving injectable drugs to treat osteoporosis

**Statin therapy for people with diabetes – \$25** for discussing heart health with our pharmacists and starting statin therapy\*\*

**Medication Therapy Management comprehensive medication review – \$25** for having your medications reviewed by our pharmacist\*\*

# Get started today!

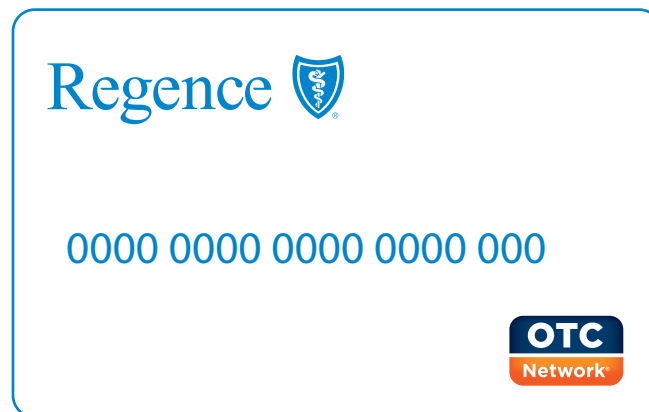


Activate your card, check your rewards balance and find participating retailers at [mybenefitscenter.com](https://mybenefitscenter.com).



Or you can call us at **1-800-541-8981 (TTY: 711)**.

Your card will look like this. Please have it with you when making eligible purchases and keep it safe—your reward dollars are loaded on it. It is not the same as your health plan member ID card.



OTC Network is a separate company that provides over-the-counter benefit card services.

\*If multiple colorectal cancer screenings are completed, only the first claim is eligible to earn a reward.

\*\*The Medication Therapy Management comprehensive medication review and statin therapy for people with diabetes incentives are available only to members who qualify. You'll be contacted by a pharmacist if you qualify.

Rewards can only be earned for eligible activities rendered by a Regence Medicare provider to a patient who is an active Regence Medicare Advantage plan member at the time the service is rendered. Allow up to 60 days from the date of your visit for your claims to process to be eligible for rewards. Any eligible activities must be received during calendar year 2023 to be claimed for the rewards program. If your plan includes an over-the-counter benefit card, your rewards will be loaded onto the same card. These rewards are not subject to the Medicare appeals process. However, in the event you do have questions or need support, please call us at 1-800-541-8981. TTY users should call 711. Our hours are 8:00 a.m. to 8:00 p.m. Monday through Friday. From Oct. 1 through March 31, we are available from 8:00 a.m. to 8:00 p.m. seven days a week. Live online chat assistance is also available from 8:00 a.m. to 5:00 p.m., Monday through Friday. To access online chat, log in at [regence.com/medicare](https://regence.com/medicare), select Support and click on Chat Now to connect with us.

