

# Earn Your Healthy Living Rewards.

Living a healthy lifestyle is not only good for your health, but it can also be rewarding. With the Healthy Rewards program, you can earn rewards for making healthy choices and taking care of yourself.

Participating in the program is easy. All you need to do is complete wellness activities like getting your flu shot or scheduling your annual physical. The best part is that you'll automatically earn reward dollars for every activity you complete. These reward dollars will be added to your Healthy Rewards wallet, which is part of your Select Health Medicare Flexible Benefits card. The amount of rewards you earn will depend on the activity you complete.



You can use your Healthy Rewards funds for a variety of wellness-related items and experiences using your Select Health Medicare Flexible Benefits card.

You can choose from fitness equipment, wellness services, home essentials, wearable technology, dining out, and more. Just remember to use your rewards before December 31, 2024, as they cannot be carried over to the next year.

It's important to note that there are some exclusions when redeeming your rewards. You cannot use your reward dollars to purchase alcohol, ammunition, firearms, gift cards, prescriptions, or tobacco products. However, there are still plenty of great options to choose from that will help you on your health journey.

Scan the QR code or visit [selecthealth.org/medicare/wellness/healthy-living](https://selecthealth.org/medicare/wellness/healthy-living) to learn more.



## 2024 Healthy Living wellness activities.

ANNUAL ACTIVITIES.		REWARD.
Annual routine physical.	The annual routine physical is a service designed to help you and your Primary Care Provider (PCP) maintain your health, identify care you may need, and manage any chronic conditions you may have.	\$40
Flu shot.	It's recommended that you receive a flu shot every year.	\$20
Health risk assessment.	Your answers will help us learn more about your overall well-being. Log in to your Select Health account or visit <a href="https://selecthealth.org/hra">selecthealth.org/hra</a> to get started.	\$20
<p align="center"><b>RECOMMENDED SCREENINGS.</b></p> <p align="center">Only members in the recommended age bracket can receive rewards for completing these screenings.</p>		
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
Osteoporosis screening.	If you are a female between the ages of 66 and 75, it's recommended you complete a bone measurement test to detect and prevent osteoporotic fractures.	\$20
<p align="center"><b>RECOMMENDED COLORECTAL CANCER SCREENINGS.</b></p> <p align="center">Only members in the recommended age bracket can receive rewards for completing these screenings.</p>		
<p align="center"><b>HIGH REWARD.</b></p> <p align="center"><i>These tests are more successful at detecting early signs of colorectal cancer.</i></p>		
Colonoscopy.	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.	\$100
<p align="center"><b>LOW REWARD.</b></p> <p align="center">These tests, while helpful, are not as effective as a colonoscopy in detecting early signs of colorectal cancer.</p>		
Fecal Immunochemical Test (FIT).	If you have not received a colonoscopy, it's recommended you complete a FIT once a year. It tests for hidden blood in the stool, which can be an early sign of cancer.	\$20
<p align="center"><b>CONDITION-SPECIFIC ACTIVITIES.</b></p> <p align="center">Only eligible members with diabetes can receive rewards for completing these activities.</p>		
Retinal eye exam.	Regular eye exams are an important screening for individuals 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 reward.	\$20