

# EssentiaCare

Essentia Health + UCare

## Earn a \$25 reward



## Medicare annual wellness visit

### Complete an annual wellness visit and earn a reward

An EssentiaCare Medicare wellness visit is different than other doctor visits. It's an opportunity for you and your doctor to talk about your overall health and any concerns you may have. Your doctor can create a plan to help you get the care you want and need. As an EssentiaCare member, this preventive visit is no cost to you.

Complete your wellness visit in person or as a telehealth visit if offered by your doctor. A telehealth visit is a scheduled appointment. It allows you to talk to your doctor using a telephone, computer or mobile device.

Discuss these topics with your doctor	<b>Physical health</b>	<ul style="list-style-type: none"><li>• Activity level</li><li>• Pain or discomfort</li><li>• Sleep quality</li></ul>
	<b>Mental health</b>	<ul style="list-style-type: none"><li>• Quality of life</li><li>• Emotional support</li><li>• Social support</li></ul>
	<b>Falls &amp; balance</b>	<ul style="list-style-type: none"><li>• Balance and flexibility</li><li>• Safety at home</li><li>• Assessing fall risk factors</li></ul>
	<b>Bladder health</b>	<ul style="list-style-type: none"><li>• Maintaining or managing bladder control</li><li>• Prevention techniques</li><li>• Treatment options</li></ul>

Find out what other rewards you may be eligible for by creating an account on [member.ucare.org](https://member.ucare.org). Click on Health & Wellness and go to Wellness, Rewards & Allowance. **Questions?** Call the customer service number on the back of your EssentiaCare member ID card.

# \$25 reward

## Medicare annual wellness visit

Please use black ink. All fields required.

### To be completed by member:

EssentiaCare member ID number \_\_\_\_\_ Member date of birth \_\_\_\_\_

Member name \_\_\_\_\_

### Please tell us where to send the reward:

Mailing name \_\_\_\_\_ Phone \_\_\_\_\_

Mailing address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

2023 date of annual wellness visit \_\_\_\_\_

Was this a telehealth visit?  Yes  No

Clinic name \_\_\_\_\_

Clinic phone \_\_\_\_\_

### To be completed by doctor/clinic staff or with doctor/clinic staff during a telehealth visit:

Wellness visit documented in the patient medical record?  Yes  No

Doctor/clinic staff signature or name \_\_\_\_\_

*(Signature required for in-person visits; doctor name required for telehealth visits)*

Allow 4 – 6 weeks for reward delivery. For eligible visits completed in 2023.

Mail to:

ATTN HEALTH PROMOTION  
UCARE ESSENTIACARE  
PO BOX 52  
MINNEAPOLIS, MN 55440-9682

Y0120\_8783\_11567\_122022\_C  
U11567 (12/2022)

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### **Terms and conditions**

- Limit one reward per program, per calendar year for eligible EssentiaCare members
- Member must be enrolled in an EssentiaCare plan
- Date of service must be completed during the year listed on the voucher
- Members must have provider complete and sign the voucher prior to returning it to EssentiaCare
- Incomplete or ineligible vouchers will be denied, and you will be notified by mail
- Reward dollars will be loaded on your EssentiaCare Rewards Benefit Mastercard. If you have not received an EssentiaCare Rewards Benefit Mastercard, one will be mailed to you
- Reward dollars on your Mastercard will expire 30 days after EssentiaCare plan termination
- Rewards subject to change. EssentiaCare reserves the right to deny rewards for any reason

### **Statement of Nondiscrimination**

EssentiaCare complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 612-676-3200/1-800-203-7225 (TTY 612-676-6810/1-800-688-2534).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 612-676-3200/1-800-203-7225 (TTY 612-676-6810/1-800-688-2534).