

Earn a \$25
reward



Annual wellness visit

Complete an annual wellness visit and earn a reward

A wellness visit is different than other doctor visits or checkups. 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 a UCare 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	Physical health	<ul style="list-style-type: none">• Recommended level of activity• Pain or discomfort• Sleep
	Mental health	<ul style="list-style-type: none">• Quality of life• Emotional support• Social support
	Falls & balance	<ul style="list-style-type: none">• Balance and flexibility• Safety at home• Assessing fall risk factors
	Bladder health	<ul style="list-style-type: none">• Maintaining or managing bladder control• Prevention techniques• Treatment options

Find out what other rewards you may be eligible for by creating an account on member.ucare.org. Click on Health & Wellness and go to Wellness, Rewards & Allowance. **If you have questions, call customer service** at the number on the back of your UCare member identification (ID) card.



\$25 reward

Annual wellness visit

Please use black ink. All fields required.

To be completed by member:

UCare 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:

Annual 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

PO BOX 52

MINNEAPOLIS, MN 55440-9682

H2456_9403_122022 accepted

H5937_Y0120_9403_1222022_C

U9403 (12/2022)



Terms and conditions

- Limit one reward per program, per calendar year for eligible UCare members
- Member must be enrolled in one of these UCare plans at the time of the exam, test or screening and at the time of redemption: UCare Medicare (excluding UCare Advocate and UCare Your Choice plans), UCare Connect + Medicare, Minnesota Senior Health Options (MSHO), Minnesota Senior Care Plus (MSC+), or UCare Medicare with M Health Fairview & North Memorial
- 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 UCare
- Incomplete or ineligible vouchers will be denied, and you will be notified by mail
- Reward dollars will be loaded on your UCare Rewards Benefit Mastercard. If you have not received a UCare Rewards Benefit Mastercard, one will be mailed to you
- Reward dollars on your Mastercard will expire 30 days after UCare plan termination
- Rewards subject to change. UCare reserves the right to deny rewards for any reason

UCare's MSHO (HMO D-SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in UCare's MSHO depends on contract renewal.

Statement of Nondiscrimination

UCare 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).