

Earn a \$25 reward

Annual wellness visit

Complete an annual wellness visit and earn a \$25 reward

A 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 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 offers you the convenience of talking 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 habits
	Mental health	<ul style="list-style-type: none">• Quality of life• Emotional support• Social needs
	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 — sign in or create an online member account at member.ucare.org. Once you're signed in, go to *Health & Wellness*, then *Wellness, Rewards & Allowance*. For more information, call the customer service number on the back of your UCare member 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 _____

Mailing address _____

City, state, zip _____

2024 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 2024.

Mail to:

ATTN HEALTH PROMOTION

UCARE

PO BOX 52

MINNEAPOLIS, MN 55440-9682

Terms and conditions

- Limit one reward per calendar year for eligible members
- Member must be enrolled in one of these UCare plans at the time of the exam and at the time of redemption: UCare Connect + Medicare, UCare's Minnesota Senior Health Options (MSHO), Minnesota Senior Care Plus (MSG+), UCare Medicare Plans (excluding UCare Advocate Plans) or UCare Medicare with M Health Fairview & North Memorial
- Date of service must be completed during the plan year listed on the voucher and mailed back to UCare within the plan year
- Members must have a provider complete and sign the voucher prior to returning it
- Incomplete or ineligible vouchers will be denied, and you will be notified by mail
- Reward dollars will be loaded on your Healthy Benefits+ Visa® card. If you have not received a card, one will be mailed to you.
- Reward dollars on your Healthy Benefits+ Visa card will expire upon plan termination
- Rewards are subject to change. UCare reserves the right to deny rewards for any reason.

UCare's Minnesota Senior Health Options (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).