



<First Name> <Last Name>
<Address 1> , <Address 2>
<City>, <State> <Zip>

Welcome to Wellness Rewards!

Exciting news: You're eligible for Wellness Rewards.

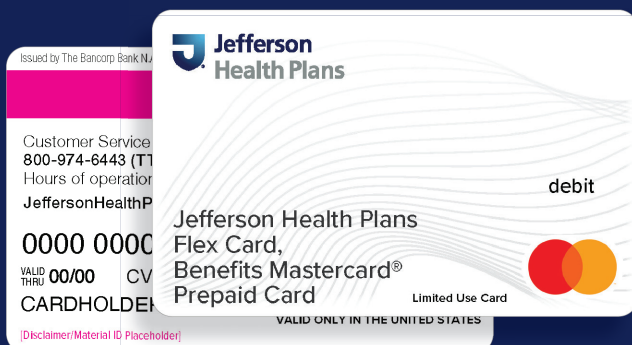
Wellness Rewards, a program for Jefferson Health Plans members, is better than ever. You now have more opportunities to earn Wellness Rewards dollars – and it's easy! Just complete health activities throughout the calendar year and you can purchase common goods you likely use today.

You can spend Wellness Rewards dollars at many of the stores you shop at now. Open to **page 3** to see what you can spend your rewards on.

The Benefits of Wellness Rewards & Getting Started

As a Jefferson Health Plans member, you can earn Wellness Rewards dollars by completing eligible health activities this year. Open to **page 2** to see the rewards and eligibility requirements.

The Wellness Rewards dollars you earn throughout the year will be loaded to your Jefferson Health Plans Flex Card. Here is what the card looks like. If you need help activating or replacing your card, please call **1-800-974-6443 (TTY 711)**.



Call **1-800-974-6443 (TTY 711)** to activate your card.

Ready to learn more? Flip to **page 3** to learn how to spend your Wellness Rewards dollars.

Eligible Activities

Please review the full list of activities below to see which rewards you may be eligible to earn! You will only be rewarded once for each eligible activity, even if you complete the same activity twice. All activities must be completed before the end of this year.

If you have any questions about the activities listed here, please contact Member Relations at **1-866-901-8000 (TTY 1-877-454-8477)**.

Activity	Eligibility Criteria	Action Needed to Earn	Reward
All active Medicare members are eligible for the following activities:			
Medicare Annual Wellness Visit	All Medicare members	Complete a Medicare Annual Wellness Visit.	\$75
Flu Vaccine	All Medicare members	Present your Jefferson Health Plans Medicare Member ID card at in-network providers/ pharmacies and get a flu shot.	\$10
Pneumococcal Vaccine	All Medicare members	Present your Member ID card at in-network providers/pharmacies and get a pneumococcal (pneumonia) vaccine.	\$10
Zoster Vaccine	All Medicare members	Present your Member ID card at in-network providers/pharmacies and get a zoster (shingles) vaccine.	\$10
Vaccine Bonus	All Medicare members	Complete all three eligible vaccines to earn a bonus reward.	\$10
Please note specific member eligibility criteria for the following activities:			
Medicare Health Assessment	Medicare members enrolled in <u>DSNP Plans</u>	Complete an initial or annual Medicare Health Assessment with a Jefferson Health Plans care coordinator.	\$25
Colorectal Cancer Screening	Medicare members aged 40 or older	Complete a Colorectal Cancer Screening test (FOBT, Flexible Sigmoidoscopy or Colonoscopy, or FIT-DNA test).	\$30
Breast Cancer Screening	<u>Female</u> Medicare members aged 35 or older	Complete a mammogram screening.	\$30
Bone Mineral Density Test	<u>Female</u> Medicare members with Osteoporosis diagnosis	Complete a bone density test.	\$50
Diabetes Retinal Eye Exam	Medicare members who are diabetic or were screened for diabetes	Complete a retinal or dilated eye exam with an eye care professional.	\$25
Diabetes Kidney Tests	Medicare members who are diabetic or were screened for diabetes	Complete an estimated glomerular filtration rate (eGFR) test and a urine albumin-creatinine ratio (uACR) test.	\$25
Diabetes A1c Test	Medicare members who are diabetic or were screened for diabetes	Complete a Hemoglobin A1c (blood sugar) test with a PCP or Specialist provider.	\$25
Diabetes Care Bonus	Medicare members who are diabetic or were screened for diabetes	Complete all three eligible diabetes activities to earn a bonus reward.	\$25

Spending Your Wellness Rewards Dollars

The Wellness Rewards program gives you more freedom to choose where you shop. You can use your Wellness Rewards in major retailers, as well as online.

In-Store



New stores to shop in are being added all the time! Call **1-800-974-6443** (TTY 711) to learn more.

Online

Visit **JeffersonHealthPlans.NationsBenefits.com** to order eligible items. Your items will be shipped directly to you – it's that easy!

What You Can Purchase with Wellness Rewards Dollars

Healthy Foods



- **Vegetables and fruits**
- **Seafood and meat**
Fish, beef, chicken, turkey, pork, meat substitutes



- **Rice, bread, and other whole grains**
- **Pantry staples and dried foods**
Pasta, sauces, peanut butter, canned goods, herbs, and spices



- **Dairy and non-dairy alternatives**
Milks, yogurt, butter, cheese
- **Eggs and egg substitutes**



- **Cereal, oatmeal, and porridge**
- **Water, juice, coffee, and tea**

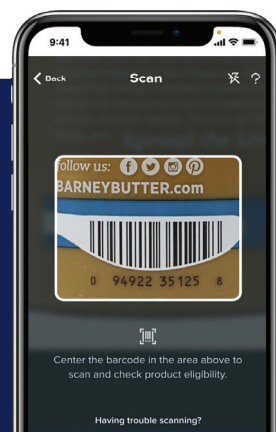
Over-the-Counter (OTC) Health Necessities

These items can be purchased using Wellness Rewards dollars after your OTC benefit allowance has been used.

- Non-prescription cold, allergy, and pain medications
- Stomach, nausea, and digestive health medications
- Smoking deterrents (nicotine gum, lozenges, and patches)
- Vitamins and mineral supplements
- First aid supplies (bandages, peroxide, non-prescription antibacterial/antifungal ointment)
- Health supports (joint braces, electric heating pads, arm slings)
- Bathroom safety supplies (elevated toilet seats, grab bars, sitz baths, bidets)
- Oral health supplies (denture cleaners and adhesives, floss, toothbrushes, toothpaste)
- Diabetes care supplies (sharps containers, skin care, non-prescription supplements)
- Incontinence care supplies (disposable undergarments, perineal care supplies)

Want to find eligible items in store?

Use the Benefits Pro mobile app on your smartphone to scan items while you shop!



Additional Details & Frequently Asked Questions

- All eligible activities must be completed during the calendar year to earn Wellness Rewards. You will not be rewarded for activities completed before January 1 or after December 31.
- Wellness Rewards dollars will be loaded onto your card after Jefferson Health Plans verifies if an eligible activity has been completed. **If you complete an activity between October 1 and December 1, please call Jefferson Health Plans. Please note that there may not be enough time to confirm and redeem rewards for any activities reported after December 1.** In order to reward you, we will need to know where and when you completed the eligible activity. It may take up to three weeks to confirm with your doctor that you've completed an activity. A representative will call you to let you know that your Wellness Rewards dollars have been loaded.
- You must spend all of your Wellness Rewards dollars by midnight the evening of December 31. **All Wellness Rewards dollars will expire at the end of the calendar year.**

Who do I call if I have questions?

For questions about eligible activities, benefits, or help scheduling an appointment, call Jefferson Health Plans at **1-866-901-8000 (TTY 1-877-454-8477)**. From October 1 to March 31, we're available 8 a.m. to 8 p.m., 7 days a week (closed on Thanksgiving and Christmas). And from April 1 to September 30, we're available 8 a.m. to 8 p.m., Monday to Friday.

How do I activate my card?

To activate your card and for questions about using the Jefferson Health Plans Flex Card, please call Nations Benefits at **1-800-974-6443 (TTY 711)**. Member experience advisors are available from 8 a.m. to 8 p.m., Monday to Friday.

How do I check my balance?

To check your Wellness Rewards balance, visit **JeffersonHealthPlans.NationsBenefits.com**. You will need to register for an account and then log in using your Jefferson Health Plans member ID and password.

How do I order items online?

Visit **JeffersonHealthPlans.NationsBenefits.com** to order items online.

Download the Benefits Pro mobile app on your smartphone today!

Enjoy easy access to shopping, transaction history, and information about your Jefferson Health Plans Flex Card benefits and rewards.

To place an order through the Benefits Pro mobile app, scan the QR code using your smartphone or search "Benefits Pro" in the App Store or Google Play.



Jefferson Health Plans contracts with Medicare to offer HMO, HMO-DSNP, and PPO plans. Our HMO-DSNP also has a contract with the Pennsylvania State Medicaid program. Enrollment in our plans depends on contract renewal.