

## Earn Rewards for Taking Care of Your Health in 2026



As a member of a VNS Health Medicare (HMO) plan, you are automatically enrolled in our Member Rewards Program where you can earn rewards for completing health activities! See the chart below for a list of qualifying health activities awarded once per year:

 <b>Health Activity</b>	 <b>Value</b>
<b>Annual Wellness Visit</b>	<b>\$50</b>
<b>Primary Care Provider (PCP) Visit</b>	<b>\$25</b>
<b>Flu Shot</b>	<b>\$25</b>
<b>Mammogram</b>	<b>\$30</b>
<b>Colon Cancer Screening</b>	<b>\$30</b>
<b>Hemoglobin A1c for Diabetes</b>	<b>\$30</b>
<b>Retinal Eye Exam for Diabetes</b>	<b>\$25</b>
<b>Blood Pressure Reading for Hypertension</b>	<b>\$30</b>
<b>New Member Portal Registration</b> – Reward is one-time	<b>\$25</b>
<b>Member Advisory Committee (MAC) Meeting</b> Reward will be based on each MAC meeting attended.	<b>\$25</b>
<b>Annual Dental Exam</b>	<b>\$25</b>
<b>Pneumococcal Vaccine</b>	<b>\$25</b>
<b>Kidney Health Screenings</b> (must include both eGFR and uACR tests)	<b>\$25</b>
<b>Bone Density Test</b>	<b>\$25</b>
<b>COVID-19 Vaccine</b> (including booster shots)	<b>\$25</b>

*All health activities are awarded once a year, except where noted differently.*

### See more information on the back.

You must be an active member of the plan to receive rewards. To be rewarded, activities must be completed within the calendar year (January 1, 2026 – December 31, 2026). All services must be medically necessary to earn rewards. Your earned rewards cannot be used for gambling, or to purchase alcohol or tobacco or firearms and cannot be converted to cash.

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### How will I get my rewards?

We'll track your progress using claims your doctor submits to verify that you completed the eligible health activity. Your rewards will be loaded onto your Healthy Extras card three times per year. Below is a schedule of when rewards will be issued in 2026.

Period of time to complete eligible activities	When rewards will be loaded onto your Healthy Extras card
January 1 – March 31, 2026	June 2026
April 1 – June 30, 2026	September 2026
July 1 – September 30, 2026	December 2026
October 1 – December 31, 2026	March 2027

### What's next?

Going to the doctor and taking your medications can help you stay healthy. Here are some tips to help you make the most of your visit:

- Schedule your Annual Wellness Visit.
- Write your questions down at home, before your appointment.
- Make a list of medications and check to see if you need any refills.
- Ask your doctor what screenings you are eligible for, so you can start earning rewards!
- Before you leave your doctor's office, make sure you schedule your next visit.

### Using Your Rewards:

Your rewards will be available for use once your OTC benefit is fully used each month. When making in-store purchases, please select the credit card option and skip PIN entry. A list of participating retailers is available on [mybenefitscenter.com](https://mybenefitscenter.com) or the OTC Network App. Your rewards expire 12 months after they are issued. Please use your rewards before they expire.

### Questions? Call 1-866-783-1444 (TTY: 711)

7 days a week, 8 am – 8 pm (Oct. – Mar.)

Weekdays, 8 am – 8 pm (Apr. – Sept.)