

Earn Rewards for Taking Care of Your Health in 2025



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:

 Health Activity	 Value
Annual Wellness Visit Completed within the first 90-days of the year by 3/31/2025	\$30
Physical Exam A head-to-toe check-up that may include health tests.	\$30
Flu Shot	\$25
COVID-19 Vaccine (including booster shots)	\$25
Mammogram	\$25
Colon Cancer Screening	\$25
Hemoglobin A1c for Diabetes	\$25
Retinal Eye Exam for Diabetes	\$25
Blood Pressure Reading for Hypertension	\$25
Depression Screening (PHQ-9)	\$10
New Member Portal Registration – Reward is one-time	\$10
Member Advisory Committee (MAC) Meeting Reward will be based on each MAC meeting attended.	\$10

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, 2025 – December 31, 2025). 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 2025.

Period of time to complete eligible activities	When rewards will be loaded onto your Healthy Extras Card
January 1 – March 31, 2025	June 2025
April 1 – June 30, 2025	September 2025
July 1 – September 30, 2025	December 2025
October 1 – December 31, 2025	March 2026

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.

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.)