





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:



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

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 or the OTC Network App. Reward amounts earned in 2026 will expire on December 31, 2026. Be sure to use your reward balance before then.

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.)