

Earn a \$25 reward

Annual wellness visit

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

A Medicare annual 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 an EssentiaCare 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 on your telephone, computer or mobile device.

Manage your rewards and 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 member ID card.

Discuss these topics with your doctor

Physical health

- Activity level
- Pain or discomfort
- Sleep quality

Mental health

- Quality of life
- Emotional support
- Social support

Falls and balance

- Balance and flexibility
- Safety at home
- Assessing fall risk factors

Bladder health

- Maintaining or managing bladder control
- Prevention techniques
- Treatment options

EssentiaCare

Essentia Health + UCare

\$25 reward

Annual wellness visit

Voucher must be mailed to EssentiaCare within 120 days of the date of service.

Please use black ink. All fields required.

To be completed by member:

EssentiaCare member ID number _____ Member date of birth _____

Member name _____

Mailing address _____

City, state, zip _____

2025 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:

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.

Mail to:

ATTN HEALTH PROMOTION

UCARE ESSENTIACARE

PO BOX 52

MINNEAPOLIS, MN 55440-9682

Y0120_8783_11567_122024_C

U11567 (12/2024)

Terms and conditions

- Limit one reward per program, per calendar year, for eligible members
- Member must be enrolled in an eligible EssentiaCare plan at the time of the exam, test or screening and at the time of redemption
- Date of service must be completed during the plan year listed on the voucher and submitted within 120 days of the exam, test or screening
- 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
- Reward dollars on your Healthy Benefits + Visa card will expire 365 days from the date of deposit. If your plan is terminated, all funds on your Healthy Benefits+ Visa card will expire.
- Rewards are subject to change. EssentiaCare reserves the right to deny rewards for any reason.

Statement of Nondiscrimination

EssentiaCare 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).