

Earn a \$25 reward

Blood pressure check

Get your blood pressure checked and earn a \$25 reward

The higher your blood pressure, the more at risk you are for other health problems, such as heart disease, heart attack and stroke. Tracking your blood pressure can help identify health concerns early, when they're easier to treat.

Complete this visit in person or as a telehealth visit if offered by your doctor. A telehealth visit is a scheduled appointment. It offers the convenience of talking to your doctor using a telephone, computer or mobile device.

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 EssentiaCare member ID card.

Terms and conditions

- Limit one reward per program, per calendar year for one blood pressure check between July 1 – December 31, 2024, for eligible members diagnosed with hypertension
- 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 mailed back to EssentiaCare within the plan year
- Members must have 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. If you have not received a card, one will be mailed to you.
- Reward dollars on your Healthy Benefits+ Visa card will expire upon plan termination
- 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).

\$25 reward

Blood pressure check

Please use black ink. All fields required.

To be completed by member:

UCare member ID number _____ Member date of birth _____

Member name _____

Mailing address _____

City, state, zip _____

2024 date of blood pressure check: _____

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:

Blood pressure check documented in the patient record? Yes No

Blood pressure (hypertension) management plan created for patient? Yes No

- If reading is done by member or any non-certified healthcare professional, the readings must be done on a digital (not manual) blood pressure monitor.
- Blood pressure measurements must be reported as discrete diastolic and systolic measurements

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. For eligible screenings completed in 2024.

Mail to:

ATTN HEALTH PROMOTION
UCARE ESSENTIACARE
PO BOX 52
MINNEAPOLIS, MN 55440-9682

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