

Earn a \$50 reward

Annual wellness visit

Complete an annual wellness visit and earn a \$50 reward.

An annual wellness visit is an opportunity for you to talk to your doctor about your overall health and any concerns you may have. It gives you a chance to discuss your physical health, mental health and other topics to be sure you're living your healthiest life. As an Aspirus Health Plan Medicare Advantage Plan 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 allows you to talk to your doctor on your telephone, computer or mobile device.

Manage your rewards and find out what other rewards you may be eligible for by signing in or creating an account on [medicare.aspirushealthplan.com/member-login](https://www.medicare.aspirushealthplan.com/member-login). Questions? Call the customer service number on the back of your Aspirus Health Plan member identification (ID) card.

Discuss these topics with your doctor

Physical health

- Recommended level of activity
- Pain or discomfort
- Sleep

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



\$50 reward

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Voucher must be mailed to Aspirus Health Plan within 120 days of the date of service.

Use black ink. All fields required.

To be completed by member:

Aspirus Health Plan member ID number _____ Member date of birth _____

Member name _____

Mailing address _____

City, state, zip _____

Was this a telehealth visit? Yes No

Clinic name _____

Clinic phone _____

Date of 2025 annual wellness visit _____

To be completed by doctor/clinic staff or with doctor/clinic staff during a telehealth visit:

Annual 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
Aspirus Health Plan
PO Box 51
Minneapolis, MN 55440-9972

Terms and conditions

- Limit one reward per program, per calendar year, for eligible members
- Member must be enrolled in an eligible Aspirus Health Plan Medicare Advantage 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. Aspirus Health Plan reserves the right to deny rewards for any reason.

Statement of Nondiscrimination

Aspirus Health Plan 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 715.631.7411/1.855.931.4850 (TTY: 715.631.7413/1.855.931.4852).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 715.631.7411/1.855.931.4850 (TTY: 715.631.7413/1.855.931.4852).