

# Earn a \$25 reward

## Annual wellness visit

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

A 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 a valued UCare member, this preventive care visit is available at 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.

Discuss these topics with your doctor			
<b>Physical health</b> <ul style="list-style-type: none"><li>• Recommended level of activity</li><li>• Pain or discomfort</li><li>• Sleep habits</li></ul>	<b>Mental health</b> <ul style="list-style-type: none"><li>• Quality of life</li><li>• Emotional support</li><li>• Social needs</li></ul>	<b>Falls and balance</b> <ul style="list-style-type: none"><li>• Balance and flexibility</li><li>• Safety at home</li><li>• Assessing fall risk factors</li></ul>	<b>Bladder health</b> <ul style="list-style-type: none"><li>• Maintaining or managing bladder control</li><li>• Prevention techniques</li><li>• Treatment options</li></ul>

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](https://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 UCare member ID card.



# \$25 reward

## Annual wellness visit

This voucher must be mailed to UCare within 120 days of the date of service.  
Please use black ink. All fields required. Allow 4 – 6 weeks for reward delivery.

### To be completed by member:

UCare 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:

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)*

Mail to:

ATTN HEALTH PROMOTION

UCARE

PO BOX 52

MINNEAPOLIS, MN 55440-9682

H2456\_H5937\_Y0120\_2459\_8070\_9403\_122024\_C

U9403 (01/2025)



## Terms and conditions

- Limit one reward per program, per calendar year, for eligible members
- Member must be enrolled in one of these plans at the time of the exam, test or screening and at the time of redemption: UCare Medicare (excluding UCare Advocate Plans), UCare's Minnesota Senior Health Options, UCare Connect + Medicare or Minnesota Senior Care Plus
- Date of service must be in the plan year listed on the voucher and the voucher must be mailed to UCare 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. If you have not received a card, one will be mailed to you.
- 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. UCare reserves the right to deny rewards for any reason.

## Statement of Nondiscrimination

UCare 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).