

Southwestern Health Select HMO Rewards and Incentives Program Health and Wellness Activity List

Members of the Southwestern Health Select (HMO) plan are automatically enrolled in the Care N' Care Rewards and Incentives Program. This program allows members to earn up to \$750 for completing certain preventive health screenings and health and wellness activities. Reward dollars can be used to purchase eligible items from participating locations including groceries, transportation, department stores, home improvement and utilities. This card cannot be used to pay for products that are not eligible. Product exclusions include alcohol, tobacco, firearms, or gift cards. If you would like to buy items that are not eligible, you will need to use another form of payment.

The following table lists health and wellness activities which qualify for Rewards and Incentives Program credit. Each reward will be credited to your Benefits Prepaid Mastercard as Care N' Care is told by your provider you have completed the health and wellness activity. For most of these activities, Care N' Care will be told through a medical or similar claim. Due to the time it takes to process claims, please allow up to 90 days for your reward credit to be added to your Benefits Prepaid Mastercard.

Note: the earned rewards dollars expire one year after the end of the plan year in which the reward was earned (example: if you received your \$50 flu shot reward in September 2024, that \$50 will expire if not used by December 31, 2025).

Health and Wellness Activity	Eligible Population	Activity Limit	Per Activity Reward	Maximum Yearly Reward Limit	Reward Definition
General Health Activities					
Annual Wellness Or Welcome To Medicare Visit	All members	1 per year	\$100	\$100	Complete an Annual Wellness Visit or, if you are new to Medicare, the one-time Welcome to Medicare Preventive Visit. For additional information, see the following sections in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4: "Annual Wellness Visit" or "Welcome to Medicare Preventive Visit". NOTE - Your doctor must tell Care N' Care when submitting the medical claim that this type of visit was completed. This type of visit may be different from a Routine Yearly Check up Visit with your Primary Care Provider (PCP). We encourage you to ask your doctor before your visit which type of visit will be completed. You can receive the reward for this wellness activity even if you also completed a Routine Yearly Check up Visit with your Primary Care Provider (PCP). To receive the reward, this visit must be submitted to Care N' Care by your doctor on a medical claim.
Routine Yearly Check-Up Visit With PCP	All members	1 per year	\$50	\$50	Complete a "yearly visit" or "routine check-up" visit with your Primary Care Provider (PCP) on file with Care N' Care. To update your PCP, please call your Customer Experience Team at the phone number listed on the bottom of the document. NOTE - This visit is different from the Annual Wellness Visit or Welcome to Medicare Preventive Visit. You can receive the reward for this wellness activity even if you also completed the Annual Wellness Visit or Welcome to Medicare Preventive Visit. To receive the reward, this visit must be submitted to Care N' Care by your doctor on a medical claim.
Health Risk Assessment	All members	1 per year	\$75	\$75	An annual Health Risk Assessment is mailed to you every year in January or February. Complete the assessment and return it to Care N' Care for this wellness activity reward. If you are new to Care N' Care, you should receive your Health Risk Assessment within the first 30-60 days after enrolling. If you did not receive your annual Health Risk Assessment, please call your Customer Experience Team at the phone number listed on the bottom of the document.

Health and Wellness Activity	Eligible Population	Activity Limit	Per Activity Reward	Maximum Yearly Reward Limit	Reward Definition
Routine Eye Exam	All members	1 per year	\$50	\$50	Complete a Routine Eye Exam through your Routine Vision Care provided by EyeMed to receive this wellness activity reward. To find a participating vision provider, please go to the "Find a Provider" page on the Care N' Care website and select "Find a Vision Provider". For additional information, see the "Vision Care" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4. NOTE - A Routine Eye Exam is different from a Diabetic Eye Exam as it does NOT include the type of exam needed to be considered a Diabetic Eye Exam. You can also receive the reward for a Diabetic Eye Exam if the exam is submitted to Care N' Care as a Diabetic Eye Exam.
Routine Bloodwork	All members	1 per year	\$50	\$50	Complete your annual routine bloodwork which is commonly ordered by your doctor at your Annual Wellness Visit or Routine Yearly Check-up Visit. In order to receive this wellness activity reward, you must have BOTH of the following: a chemistry panel and a complete blood count (CBC). A chemistry panel, also known as a basic metabolic panel (BMP) or a comprehensive metabolic panel (CMP), is a group of tests that are ordered to determine your general health status. A CBC is ordered to look for overall health and find a wide range of conditions like anemia or infection.
Flu And Covid-19 Vaccine	All eligible members	2 per year per vaccine	\$50	\$200	You are eligible to receive this wellness activity reward if you get your influenza ("flu shot") and COVID-19 vaccinations. You can receive a reward for up to TWO (2) influenza vaccines (one per flu season) and TWO (2) COVID-19 vaccines or boosters per year. Talk to your doctor or pharmacist to see if you should receive these vaccines. You will receive this wellness activity reward if you get these vaccinations at your doctor's office or at a participating pharmacy.
Pneumonia Vaccine	All eligible members	1 per year	\$50	\$50	You are eligible to receive this wellness activity reward if you get your pneumonia vaccination. Talk to your doctor or pharmacist to see if you should receive this vaccine. You will receive wellness activity reward if you get this vaccination at your doctor's office or at a participating pharmacy.
Routine Dental Exam	All members	2 per year	\$50	\$100	Complete a Routine Oral Exam and cleaning through your Routine Dental Services benefit provided by DentaQuest (maximum of TWO (2) per year) to receive this reward. To find a participating dental provider, please go to the "Find a Provider" page on the Care N' Care website and select "Find a Dental Provider". For additional information, see the "Dental Services" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4.
Exercise Benefit Enrollment And Participation	All members	1 per year	\$25	\$25	Activate your SilverSneakers benefit and participate in a live, online, or on-demand class to receive this wellness activity reward. To find out more about SilverSneakers including how to enroll, please go to the "Your Benefits" page under the "Members" tab on the Care N' Care website and select "SilverSneakers". For additional information, see the "Health and Wellness Education Programs" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4.
Specific Health Screenings					
Diabetes Care - Kidney Health Evaluation	All members with Diabetes	1 per year	\$75	\$75	If you are a member with diabetes, you are eligible for a wellness activity reward if you complete a kidney function test, also known as a nephropathy screen. A nephropathy screen is a urine test used to determine the health of your kidneys. Eligible tests include a random spot urine albumin-to-creatinine ratio or a timed or 24 hour urine collection. These laboratory tests may be ordered by your Primary Care Provider (PCP) or a specialist. To receive the reward, the test must be submitted to Care N' Care by your doctor on a medical claim.

Health and Wellness Activity	Eligible Population	Activity Limit	Per Activity Reward	Maximum Yearly Reward Limit	Reward Definition
Diabetes Care - Hemoglobin A1C Test	All members with Diabetes	2 per year	\$75	\$150	If you are a member with diabetes, you are eligible for a wellness activity reward if you complete up to TWO (2) Hemoglobin A1C (HbA1C or A1C) blood tests per year. An A1C blood test used to determine your blood sugar control over approximately the last three (3) months. This laboratory test may be ordered by your Primary Care Provider (PCP) or a specialist. To receive the reward, the test must be submitted to Care N' Care by your doctor on a medical claim.
Diabetes Care - Eye Exam	All members with Diabetes	1 per year	\$75	\$75	If you are a member with diabetes, you are eligible for a wellness activity reward if you complete a diabetic eye exam, also known as a diabetic retinopathy screen. A retinopathy screen a special dilated eye exam performed by an ophthalmologist or optometrist to determine the health of your eyes. To be eligible, the exam must include a dilated and comprehensive examination of your eyes. NOTE - This exam is different from the Routine Eye Exam wellness activity. You can also receive the reward for the Routine Eye Exam if the exam is submitted to Care N' Care as a Routine Eye Exam performed through the EyeMed network of providers.
Bone Mass Measurement	All eligible members	1 per year	\$100	\$100	For qualified members, you will receive the wellness activity reward for completing a bone mass measurement test like a bone density or "DEXA" scan. Qualified members generally include those at risk of losing bone mass or at risk of osteoporosis. For additional information including benefit limitations, see the "Bone mass measurement" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4.
Cholesterol Evaluation	All eligible members	1 per year	\$100	\$100	You are eligible to receive this wellness activity reward if you get a fasting cholesterol lab test (also known as a fasting lipid panel). Talk to your doctor to see if you should receive this blood test. This laboratory test may be ordered by your Primary Care Provider (PCP) or a specialist.
Depression Screening	All eligible members	1 per year	\$100	\$100	You are eligible to receive this wellness activity reward if you are screened for depression by your doctor. For additional information, see the "Depression Screening" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4. NOTE - Your doctor must tell Care N' Care on a medical claim that you were screened for depression. Talk to your doctor to see if you should be screened for depression and ask your doctor to tell Care N' Care the screening was completed.
Counseling services					
Alcohol Misuse Screening And Counseling	All eligible members	1 per year	\$100	\$100	If you misuse alcohol but aren't alcohol dependent, you are eligible to receive this wellness activity reward if you attend Medicare-covered screening and counseling to reduce alcohol misuse. Talk to your doctor to see if you should attend alcohol misuse counseling sessions. For additional information, see the "Screening and counseling to reduce alcohol misuse" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4. NOTE - Your doctor or counselor must tell Care N' Care on a medical claim that you attended alcohol misuse counseling sessions. Ask your doctor or counselor to tell Care N' Care the counseling was completed.

Health and Wellness Activity	Eligible Population	Activity Limit	Per Activity Reward	Maximum Yearly Reward Limit	Reward Definition
Smoking And Tobacco Use Cessation Counseling	All eligible members	1 per year	\$100	\$100	If you use tobacco, you are eligible to receive this wellness activity reward if you attend Medicare-covered smoking and tobacco use cessation counseling. Talk to your doctor to see if you should attend smoking and tobacco use cessation counseling. For additional information, see the "Smoking and Tobacco Use Cessation (counseling to stop smoking or tobacco use)" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4. NOTE - Your doctor or counselor must tell Care N' Care on a medical claim that you attended smoking and tobacco use cessation counseling sessions. Ask your doctor or counselor to tell Care N' Care the counseling was completed.
Opioid Treatment Program Services	All eligible members	1 per year	\$100	\$100	If you have an opioid use disorder (OUD), you are eligible to receive this wellness activity reward if you attend a Medicare-covered Opioid Treatment Program (OTP). Talk to your doctor to see if you should attend an Opioid Treatment Program (OTP). For additional information, see the "Opioid Treatment Program Services" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4. NOTE - Your doctor or counselor must tell Care N' Care on a medical claim that you attended an Opioid Treatment Program (OTP). Ask your doctor or counselor to tell Care N' Care you attended the program.
Obesity Screening And Therapy For Weight Loss	All eligible members	1 per year	\$100	\$100	If you have a body mass index of 30 or more (considered "obese" or have a diagnosis of obesity), you are eligible to receive this wellness activity reward if you attend Medicare-covered obesity counseling to help you lose weight. Talk to your doctor to see if you should attend obesity counseling. For additional information, see the "Obesity Screening and Therapy to Promote Sustained Weight Loss" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4. NOTE - Your doctor or counselor must tell Care N' Care on a medical claim that you attended obesity counseling sessions. Ask your doctor or counselor to tell Care N' Care the counseling was completed.
Cancer Screenings					
Cervical And Vaginal Cancer Screening	All eligible female members	1 per year	\$100	\$100	You are eligible to receive this wellness activity reward if you complete a pap test (or "pap smear") with your doctor. For additional information including benefit limitations, see the "Cervical and Vaginal Cancer Screening" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4.
Breast Cancer Screening	All eligible members	1 per year	\$100	\$100	You are eligible to receive this wellness activity reward if you complete a mammogram. For additional information including benefit limitations, see the "Breast Cancer Screening (mammograms)" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4.
Prostate Cancer Screening	All eligible male members	1 per year	\$100	\$100	You are eligible to receive this wellness activity reward if you complete one of the accepted prostate cancer screening exams, either a digital rectal exam or prostate specific antigen (PSA) blood test. For additional information including benefit limitations, see the "Prostate Cancer Screening Exams" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4.
Colon Cancer Screening	All eligible members	1 per year	\$100	\$100	You are eligible to receive this wellness activity reward if you complete an accepted colon cancer screening test. Your benefits include several options. For a list of acceptable tests and benefit limitations, see the "Colorectal Cancer Screening" section in the Medical Benefits Chart in your Evidence of Coverage, Chapter 4.

If you need additional assistance, please contact your Customer Experience Team at 1-877-374-7993. (TTY users should call 711). Hours are October 1 - March 31, 8 a.m. – 8 p.m. CST, 7 days a week; April 1 - September 30, 8 a.m. – 8 p.m. CST, Monday through Friday. This call is free.