

Welcome to your Steps to a Healthier Life Rewards Program!



One of the best ways to take care of your health is to see your doctor regularly and follow their care plan. To help support you, we've created *Steps to a Healthier Life* (Steps for short), a program that tracks your progress and rewards you for completing key health activities.

It's easy to earn rewards!

1

You're automatically enrolled in the Steps rewards program

2

Complete a qualifying health activity

3

You'll receive a new gift card for every quarter that you take qualifying steps



Depending on your health needs, you may be for total rewards of **\$500** or more per year! See chart on the back for some of the ways to earn rewards.

This gift card cannot be used to purchase alcohol, tobacco, or firearms products and cannot be converted to cash. Not for distribution.

- **For Members Living with HIV**

Earn up to \$400 every year (\$100/quarter) for achieving and maintaining HIV viral load suppression (<200 copies/ml).

- **For All Members**

All members can earn anywhere from \$10 to \$25 for completing health activities, such as getting a dental checkup or a vision exam.

Rewards statements are mailed to members throughout the year with a pre-paid VISA gift card for the amount earned over the past quarter. Rewards are tracked through information from your provider and may take up to 90-120 days to process. You must be an active member of the plan to receive rewards.

SelectHealth from VNS Health ("SelectHealth"), complies with Federal civil rights laws. SelectHealth does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-469-7774, TTY/TDD: 711.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-866-469-7774, TTY/TDD: 711。

Some of the ways you can earn rewards this year:

	Health Activity	Value	Frequency	Total Yearly Reward
	Achieve and maintain HIV viral load of <200 copies/ml*	\$100	Quarterly (4 times/year)	\$400
	Fill out About Me and My Health Form and return it to SelectHealth**	\$10	Quarterly (4 times/year)	\$40
	Attend SelectHealth educational health events***	\$10	Quarterly (4 times/year)	\$40
	Dental exams	\$25	Every six months	\$50
	Eye exam	\$25	One visit/ two years	\$25
	Breast cancer screening – mammography^	\$25	One per year	\$25
	Sexually Transmitted Infection screenings for all genders (must include Syphilis, Gonorrhea and Chlamydia)^	\$25	One per year	\$25
	Colon cancer screening^	\$25	One per year	\$25
	Visit a doctor within 34 days of an alcohol or drug use hospitalization^	\$25	Once per year	\$25
	Managing medication for long-term asthma^+	\$25	Once per year	\$25
	Eye exam for diabetes^	\$25	One per year	\$25
	Take steps to quit smoking	\$25	Yearly	\$25

*For members living with HIV. **For a copy of this form, contact your Care Team or go online to SelectHealthNY.org/steps. ***Visit SelectHealthNY.org/events for a list of eligible events. ^As medically required. +Rewarded at the end of the year.

Questions? Call your Care Team

1-866-469-7774 (TTY: 711) Monday - Friday, 8 am - 6 pm

Select
HEALTH
VNS Health