

**For complete details and more information  
on CoxHealth Medicare Advantage  
call toll-free at 1-855-752-3796.  
TTY call 711.**



**We are able to assist you:**  
October 1 to March 31 seven days a week  
from 8 a.m. to 8 p.m.

April 1 to September 30 Monday through Friday  
from 8 a.m. to 8 p.m.

CoxHealth Medicare Advantage is an HMO plan with a Medicare contract.  
Enrollment in CoxHealth Medicare Advantage depends on contract renewal.

The benefit information provided does not list every service that we cover  
or list every limitation or exclusion. To get a complete list of services we cover,  
please call 1-855-752-3796 (TTY: 711) and request the "Evidence of Coverage"  
or access it online at [coxhealthmedicareadvantage.com](http://coxhealthmedicareadvantage.com).



 (417) 269-2909 • (855) 752-3796 (TTY: 711)  [CoxHealthMedicareAdvantage.com](http://CoxHealthMedicareAdvantage.com)

 PO Box 5750, Springfield, MO 65801-5750



# 2023 Wellness Rewards Program

COXHEALTH MEDICARE ADVANTAGE (HMO)



## Wellness Rewards Program

As a valued CoxHealth Medicare Advantage member you can earn rewards by completing health-related activities that promote your health and well-being. Your rewards allowance can be used to purchase approved items and services using your Flex card.

Your Primary Care Physician will securely send us record of each visit or health screening. When we receive these records, your rewards will be added to your Flex card. You can receive one reward for each service annually.



### Annual Wellness Visit - \$25 Reward

- Visit your Primary Care Physician annually to discuss your health concerns, update your medical record, and plan for services you will need in the coming year.
- Your medical record is important. It helps all your healthcare providers communicate and coordinate to give you the best care. Some of the medical updates that are part of your annual visit include:
  - Review of your prescriptions, vitamins, and over-the-counter drugs
  - Discuss surgeries that have occurred or are scheduled
  - Document any advanced care directives
  - Determine what preventive tests, screening, or vaccines you need

### Flu Vaccine - \$10 Reward

- Your flu vaccine helps protect you from getting the flu or reduce the severity of illness.
- The Centers for Disease Control and Prevention estimates the flu vaccination prevented 7.5 million flu illnesses in 2019-2020.
- All members are eligible for a flu vaccine once a year at an in-network Primary Care Physician's office or pharmacy.



### Breast Cancer Screening - \$20 Reward

- Receiving an annual mammogram is the best chance of detecting early signs of breast cancer.
- A preventive mammogram is offered annually at no cost to female members.
- To be eligible for the reward the mammogram must occur at a CoxHealth facility and be completed in the coverage year.

### Colorectal Screening - \$20 Reward

- A colorectal screening can help prevent colorectal cancer according to the Centers for Disease and Prevention.
- Members are eligible for a colorectal cancer screening as outlined by the U.S. Preventive Services Task Force.
- Screenings are covered when completed during the coverage year at an in-network facility by an in-network physician.

### Diabetic Eye Exam - \$10 Reward

- Diabetic retinopathy is a condition that causes damage to the blood vessels in your eyes.
- Damage can lead to blindness, glaucoma, and cataracts.
- Your annual diabetic eye exam is important to track and manage any vision issues.
- The exam is covered at no cost when completed during the coverage year by an in-network physician.

### Diabetic Kidney Function Test - \$10 Reward

- Diabetes can lead to kidney issues when the blood sugar is high and your kidneys cannot function correctly. Over time the build up can get worse and lead to kidney failure.
- Tracking your kidney function is an important part of monitoring your diabetes.
- You can slow down kidney damage, but only if you know about it.
- Eligible members will receive the test at no cost.
- The test must be completed during the coverage year and with an in-network physician.



### Diabetic HbA1c Test - \$10 Reward

- The HbA1c is a blood test that measures the blood sugar levels over the past 3 months to see if your blood sugar average is in the low, normal, or high range.
- This test provides a snapshot of how your blood sugar levels are impacting your life and what actions can help you live healthier.
- A quick finger-stick is all that is needed for this test.
- Contact your Primary Care Physician to schedule your test and review the results.
- Eligible members will receive the test at no cost.
- The test must be completed during the coverage year by an in-network physician.