



ANNUAL WELLNESS VISIT

Get a no-cost
\$50 gift card for
completing your
Annual Wellness
Visit!

Your Annual Wellness Visit is an important part of your health care. As a CalOptima Health OneCare (HMO D-SNP), a Medicare Medi-Cal Plan member, you can get your Annual Wellness Visit at no cost. During the visit, your doctor will review your medical history, go over any risks to your health and make a plan to help keep you healthy.

How to qualify for the no-cost gift card:

- 1 You must be an eligible CalOptima Health OneCare member.
- 2 Complete your Annual Wellness Visit with your doctor between January 1, 2023, and December 31, 2023.
- 3 CalOptima Health will take care of the rest. There is NO form to submit!

Once we get the claim from your visit, it will take at least 8 weeks to process your no-cost \$50 gift card. This program may end at any time without notice.

If you have any questions, call tOneCare Customer Service toll-free at **1-877-412-2734** (TTY **711**) 24 hours a day, 7 days a week. We have staff who speak your language. Visit us at www.caloptima.org/HealthRewards for more information about this health reward.

Disclaimer: You must meet **all** health reward eligibility requirements to qualify for the gift card. It takes at least 8 weeks after we receive the completed form to process your gift card. The gift card cannot be used to purchase alcohol, tobacco or firearms. The gift card has no cash value, and CalOptima Health is not responsible if it is lost or stolen. You may only receive **1** gift card per calendar year for this health reward. Gift cards are available while supplies last. This program may end at any time without notice. OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, is a Medicare Advantage organization with a Medicare contract. Enrollment in OneCare depends on contract renewal. OneCare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Call OneCare Customer Service toll-free at **1-877-412-2734** (TTY **711**), 24 hours a day, 7 days a week. Visit us at www.caloptima.org/OneCare.

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Annual Wellness Visit Health Reward

At an Annual Wellness Visit, your doctor will:

- Go over your Health Risk Assessment
- Review your medical and family history
- Review your current medicines
- Take routine measurements, like height, weight, body mass index (BMI) and blood pressure
- Assess for cognitive impairment, like Alzheimer's and dementia
- Talk about depression risk factors
- Discuss functional ability and level of safety
- Review risk factors and make recommendations for better health
- Provide a recommended schedule of health screenings for the next 5–10 years
- Go over health advice personal to you and offer referrals to health education or preventive counseling services