

## 2023 Breast Cancer Screening

Mammograms are offered at no cost to health plan members who need them. This screening must be completed during 2023 to be eligible for the Rewards Program.

Screening mammograms check for breast cancer when a woman does not have symptoms. During the screening usually two x-ray images are taken of each breast. The x-ray can show lumps or tumors that cannot be felt. Screening mammograms can also detect other problems that may indicate breast problems.

Our health plan members do not need a referral from a doctor to schedule a mammogram. We encourage you to talk to your doctor if you have any questions.

You may receive only one gift card for one Screening Mammogram during 2023, and will not be eligible for another gift card through the Better Health 4 You Rewards Program for any additional mammograms during 2023.

## 2023 Annual Wellness Visit

Annual Wellness Visits are offered at no cost to health plan members. This screening must be completed during 2023 to be eligible for the Rewards Program.

The purpose of the Annual Wellness Visit is to evaluate your current health and determine your risk factors. Using this information, your provider can develop a personalized care plan for you to help prevent disease and disability.

During the visit your provider will ask you to fill out a questionnaire called a Health Risk Assessment. This assessment will give your provider the information needed to create your individualized plan of care. Please call your provider if you have any questions about the Annual Wellness Visit.

You may receive only one gift card for one Annual Wellness Visit during 2023, and will not be eligible for another gift card through the Better Health 4 You Rewards Program for any additional Annual Wellness Visits during 2023.

## Contact Us

Quality Improvement Department: 1-844-895-9047

Hours of Operation: Monday–Friday: 8:00 am–5:00 pm EST  
(You may leave a voicemail Saturday, Sunday, and Federal Holidays.)

Clear Spring Health Member Services: 1-877-364-4566

Hours of Operation:  
From October 1–March 31: 7 days a week: 8:00 am–8:00 pm EST  
From April 1–September 30: Monday–Friday: 8:00 am–8:00 pm EST  
(You may leave a voicemail Saturday, Sunday, and Federal Holidays.)

The **Better Health 4 You Rewards Program** is offered to all health plan members at no cost. For assistance in scheduling a screening or test, or if you have questions about the Program, please call a Quality Improvement Department representative for help.

Welcome!

To a better way of taking care of your health. Our health plan believes that **preventive care plays an important role in helping you stay as healthy as possible**. So to promote that, we encourage you to participate in the **Better Health 4 You Rewards Program**.

It's offered to all our health plan members at no cost. It's easy, and members can take advantage of the program at any time of the year.

**Earn a \$10 cash card for each preventive screening, exam or vaccination you complete.**



- ✓ Annual Flu Shot (Influenza Vaccine)
- ✓ Colorectal Cancer Screening (iFOBT, FIT DNA test, Cologuard test, Colonoscopy, Flexible Sigmoidoscopy or CT Colonography)
- ✓ Breast Cancer Screening (Mammography)
- ✓ Osteoporosis Screening (Bone Mineral Density exam)
- ✓ Diabetic Retinopathy Screening (Dilated Eye exam, for diabetic members only)
- ✓ Annual Wellness Exam

# Earning your gift card is easy.



Call your Primary Care Physician to schedule the preventive screening, exam or vaccination you want. Or if you prefer, we can assist you in scheduling your visit. For help just call the Clear Spring Health Quality Improvement Department at 1-844-895-9047

There are 6 preventive screenings that may be completed and submitted to the Plan and you will be awarded a \$10 gift card for each. The 2023 maximum total a member may receive for completed preventive screenings is \$60. Your card will arrive in the mail about 3 months after your doctor bills the Plan.

- Gift cards cannot be used to buy tobacco or alcohol
- Gift cards cannot be redeemed for cash
- All preventive measures must be completed during the 2023 calendar year
- You can only receive one gift card per test

- ✓ Annual Flu Shot (Influenza Vaccine)
- ✓ Colorectal Cancer Screening (iFOBT, FIT DNA test, Cologuard test, Colonoscopy, Flexible Sigmoidoscopy or CT Colonography)
- ✓ Breast Cancer Screening (Mammography)
- ✓ Osteoporosis Screening (Bone Mineral Density exam)
- ✓ Diabetic Retinopathy Screening (Dilated Eye exam, for diabetic members only)
- ✓ Annual Wellness Exam

## QUESTIONS?

Call the Quality Improvement Department at:  
1-844-895-9047 TTY 711  
8:00 am–5:00 pm EST, Monday–Friday

## 2023 Annual Flu Shot

The Influenza Vaccination is offered at no cost to all health plan members. Vaccinations must be received during 2023 to be eligible for the Rewards Program.

According to the Centers for Disease Control and Prevention (CDC), it is not possible to predict what any flu season will be like. The timing, severity and length of the flu season usually varies year to year.

Our health plan encourages members to get a flu shot. Human immune defenses become weaker with age, and the flu, or influenza, can be very serious for people age 65 and older.

Call your doctor today to schedule your flu shot. Some pharmacies can also give our health plan members a flu shot at no cost to the member. Be sure to ask if your pharmacy can give you a shot at no cost.

## 2023 Diabetic Retinopathy Screening

The Diabetic Retinopathy Screening is an eye exam offered to all health plan members who need to be screened. The screening must be completed during 2023 to be eligible for the Rewards Program.

Regular screening is the key to preventing Diabetic Retinopathy. This eye exam screening is done with a dilated fundus or retinal photography. It must be done by an eye care professional such as an ophthalmologist or optometrist, and should take place every 12 months. This diabetic eye exam can detect problems before any symptoms occur and help take care of your eyesight.

You may receive only one gift card for one Diabetic Retinopathy screening, and will not be eligible to receive another card through the Better Health 4 You Rewards Program for any additional Diabetic Retinopathy screenings you may get during 2023.

## 2023 Colorectal Cancer Screening

The Colorectal Cancer Screening is offered to all health plan members who need to be screened. The screening must be completed during 2023 to be eligible for the Rewards Program.

According to the Centers for Disease Control and Prevention (CDC), regular screening is the key to preventing colorectal cancer.

Our health plans encourage you to talk with your physician about when to begin screening for colorectal cancer, what tests to have and how often to test. Colorectal cancer screenings can detect problems before any symptoms occur. The decision to have a certain test should consider your age, medical history, family medical history and your general health. This screening is recommended every 12 months if you have a history of colorectal cancer.

There are many ways to be screened for colorectal cancer. You may receive only one gift card for one colorectal screening during 2023, and will not be eligible for another gift card for any additional colorectal screenings you may get during 2023.

## 2023 Bone Mineral Density Exam

The Bone Mineral Density Exam is offered to all health plan members who need to be screened for osteoporosis. The screening must be completed during 2023 to be eligible for the Rewards Program. Our health plan encourages you to talk with your doctor about when to begin screening for osteoporosis, what test to have and how often to test.

A Bone Mineral Density Exam can detect osteoporosis before any bone fractures occur. This may help your provider make recommendations to help protect your bone health.

You may receive only one gift card for one Bone Mineral Density Exam during 2023, and will not be eligible for another gift card through the Better Health 4 You Rewards Program for any additional Bone Mineral Density Exams during 2023.