

HEALTH PLAN	WELLNESS INCENTIVES
Amerigroup	Disease Management support and education services to help you control ongoing health conditions like asthma, diabetes and Chronic Obstructive Pulmonary Disease (COPD)
	Taking Care of Baby and Me® is a program that offers moms education and support services as well as up to \$60 in gift cards for going to prenatal and post partum visits.
	\$25 gift card for a Well Child Visit, Ages 3, 4, 5, and 6, limited to 1 per calendar year
	\$25 gift card for a Well Care Adolescent Visit, Ages 12 – 21, limited to 1 per calendar year
	Healthy Families gives families with children ages 7-13 coaching and support on nutrition and activity
	Prenatal Ultrasounds – there are no limits to the number of prenatal ultrasounds allowed for each member.
Coordinated Care	Care Management and MemberConnections® - personalized help and education for managing asthma, diabetes, heart disease, weight management and other chronic health conditions. MemberConnections staff can assist members to access social services and other health plan benefits.
	CentAccount® Healthy Rewards Program: Earn dollar rewards for doing healthy activities. Rewards are automatically loaded onto a gift card once an activity is completed. Use the CentAccount card to buy health-related items, personal care products, groceries, and much more at participating stores.
	Earn rewards for completing the following activities:

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	<p>\$30 total for well-child infant visits birth to 15 months; must complete 6 visits before 15 months with assigned Primary Care Provider (PCP)</p>
	<p>\$10 for a well-child visit age 2-20; limited to 1 per calendar year with assigned PCP</p>
	<p>\$10 for an annual adult well visit age 21 years and older; limited to 1 per calendar year with assigned PCP</p>
	<p>\$10 for cervical cancer screening women age 21-64; limited to 1 per calendar year</p>
	<p>\$10 for breast cancer screening for women age 50-74; limited to 1 per calendar year</p>
	<p>\$50 total for Diabetes diagnostic checks limited to 1 per calendar year for diagnosed members 18 and over; must complete all 4 exams, A1C, LDL, Eye Exam, Nephropathy Screening</p>
<p>Columbia United Providers</p>	<p>Wellness Coordinators to help members identify and achieve health and wellness goals.</p>
	<p>Disease Management - nurses provide support and education to help you improve ongoing health conditions like asthma, diabetes and hypertension.</p>

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	<p>\$10 Gift Card for completion of CUP’s Health Risk Assessment. Limited to 1 per calendar year.</p> <p>\$60 Gift Card for Pregnancy Prenatal Visits - first visit by 14 weeks pregnant and a total of 8 or more prenatal office visits.</p> <p>\$75 Gift Card for newly diagnosed Diabetics. Must complete all 4 screenings/exams: A1C, LDL, Eye Exam, Nephropathy Screening, and attend local approved diabetic education course prior to December 31. (Limited to 1 per calendar year for newly diagnosed members 18 and over.)</p> <p>\$40 Gift Card for receiving all recommended childhood immunizations before age 2.</p> <p>\$40 Gift Card for receiving 6 or more Well-Child visits before age 15 months.</p>
Community Health Plan	<p>New Arrivals and First Steps Maternity Support programs: Pregnant mothers can find support and resources throughout their pregnancy with New Arrivals and First Steps. These programs help pregnant members maintain a healthy pregnancy and earn rewards. Pregnant members may be eligible for a \$65 voucher toward the purchase of a car seat, at either WalMart or Target, by completing required prenatal check-ups.</p> <p>Tasty Crate program: Available at select Community Health Centers, this program takes the whole family’s health into consideration. Tasty Crate improves the eating habits of families by incorporating fresh produce into their diets. Over the course of the program, participants receive:</p> <ul style="list-style-type: none"> • A weekly crate of fresh fruits and vegetables • Interactive Tasty Crate journals for participants • Weekly recipes <p>Exercise programs</p>

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	<p>Member Outreach, Engagement and Reminder (MORE) Rewards Program – Members with an identified gap in care are invited to achieve the following incentives:</p> <ul style="list-style-type: none"> • \$15 for a visit with a PCP for ages 2-19, limited to one per calendar year • \$15 for diabetics getting a blood glucose (HbA1C) test for ages 18-75, limited to one per year • \$15 for diabetics getting a cholesterol (LDL-C) test for ages 18-75, limited to one per year • \$15 for getting a mammogram for women 50-75, limited to one per year • \$15 for getting a colon cancer screening for age 50-75, limited to one per year • \$30 for ages 0-2 who achieve all recommended shots, limited to the one-time completion <p><i>*A gap in care is when a service is suggested to occur but does not.</i></p> <p>Baby Shower program: This program, available at select Community Health Centers, provides a fully loaded diaper bag to pregnant members who meet specific prenatal milestones.</p> <p>ChildrenFirst Well Child Rewards program: The ChildrenFirst Well Child program offers a wide selection of rewards to choose from at specific milestones. Most rewards are offered in the form of a voucher, redeemable at either Walmart or Target. The baby welcome kit, dental care pack, thermometer, and children’s books are packaged and mailed directly from Community Health Plan of Washington.</p> <p><u>Infancy Rewards Available:</u></p> <table border="0" data-bbox="480 1031 2009 1182"> <tr> <td>Welcome Baby Kit (fulfilled in house)</td> <td>Thermometer (fulfilled in house)</td> </tr> <tr> <td>Diapers (gift certificate value \$25.00)</td> <td>Cupboard Safety Locks (gift certificate value \$10.00)</td> </tr> <tr> <td>Car Seat (gift certificate value \$65.00, limit one)</td> <td></td> </tr> </table> <p><u>Early Childhood Rewards Available:</u></p> <table border="0" data-bbox="480 1230 2009 1367"> <tr> <td>Children’s Books (fulfilled in house)</td> <td>Bike Helmet (gift certificate value \$15.00)</td> </tr> <tr> <td>Thermometer (fulfilled in house)</td> <td>Diapers (gift certificate value \$25.00)</td> </tr> <tr> <td>Cupboard Safety Locks (gift certificate value \$10.00)</td> <td>Dental Care Pack (fulfilled in house)</td> </tr> </table>	Welcome Baby Kit (fulfilled in house)	Thermometer (fulfilled in house)	Diapers (gift certificate value \$25.00)	Cupboard Safety Locks (gift certificate value \$10.00)	Car Seat (gift certificate value \$65.00, limit one)		Children’s Books (fulfilled in house)	Bike Helmet (gift certificate value \$15.00)	Thermometer (fulfilled in house)	Diapers (gift certificate value \$25.00)	Cupboard Safety Locks (gift certificate value \$10.00)	Dental Care Pack (fulfilled in house)
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	<p><u>Middle Childhood Rewards Available:</u> School Supplies (gift certificate value \$15.00) Dental Care Pack (fulfilled in house) Booster Seat (gift certificate value \$25.00) Backpack (gift certificate value \$15.00)</p> <p>School Clothes (gift certificate value \$15.00) Bike Helmet (gift certificate value, \$15.00)</p> <p><u>Adolescence Rewards Available:</u> Backpack (gift certificate value \$15.00) School Supplies (gift certificate value \$15.00) Dental Care Pack (fulfilled in house)</p> <p>Bike Helmet (gift certificate value \$15.00) School Clothes (gift certificate value \$25.00)</p> <p><u>In-House Reward Values:</u> Welcome Baby Kit: \$20 (Book and grooming kit) Thermometer: \$4.50 Children’s Books: \$3.00 each (two books per member) Dental care pack: \$3.50</p>
Molina	<p>Each member is eligible for up to \$200 of rewards per calendar year.</p>
	<p>Healthy 15 Month Old Take your child in for six well child exams within their first 15 months of life and receive \$30 in gift reward points. Points can be redeemed online for many health related items such as, baby gate, books, baby pajamas, diapers and wipes.</p>
	<p>Healthy Two Year Old Before your child turns two years of age be sure he or she has had all their required immunizations and receive \$30 in gift reward points. Points can be redeemed online for many health related items such as baby and children items, books, baby gates and baby pajamas.</p>
	<p>Well Child Check-up at 3, 4, 5, 6 Years of Age Well child exam help keep your child healthy. A well child exam is a physical exam and it also includes vision and</p>

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	<p>hearing tests. Your child will also get immunized (shots) if they are due. Shots will help your child stay healthy. Take your child in for a yearly well child exam and receive \$30 gift reward points.</p> <p>Adolescent Well Care Visit for Ages 12 to 21 Check-ups include a complete physical exam and may include vision and hearing tests. Your provider should check blood pressure, height, weight and body mass index (BMI). You may need some shots or boosters. Take your adolescent in for a yearly well care visit and receive \$30 gift reward points.</p> <p>Prenatal Visit See your provider in the first three months of your pregnancy or within 42 days of joining Molina Healthcare and receive \$20 gift reward points. For having your prenatal visit you may also qualify for a car seat, a \$40 gift value.</p> <p>Postpartum Visit Visit your provider who delivered your baby between 21 and 56 days after delivery for your after delivery exam and receive \$15 gift reward points.</p> <p>Mammograms Mammograms are the best tool used today to detect changes in the breast. Get your mammogram and receive \$30 gift reward points.</p> <p>Staying Healthy with Diabetes As a member of this program, you can team up with your health care provider to set and reach your diabetes management goals. Members who reduce their A1C can receive \$20 gift reward points, and get their annual eye exams and receive \$50 gift reward points.</p>
<p>United Healthcare Community Plan</p>	<p>Extra help when you need it. If you have asthma, diabetes or another chronic condition, one of our Personal Care Managers can help.</p>

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	<p>Prevention and wellness programs. Support to help you manage and improve your health.</p>
	<p>Behavioral Health Services. Get help with issues such as depression or anxiety.</p>
	<p>Healthy Rewards Gift cards for eligible members who complete recommended services. Members who qualify will automatically receive information in the mail about benefits.</p> <p>The Healthy Rewards program may be subject to certain state and federal restrictions, including a limit on the total dollar amount you may receive from your participation in the program and any other UnitedHealthcare and its affiliates' programs in which you participate.</p>
	<p>0-2 year-olds: Up to \$150 in gift cards for getting your child's checkups and immunizations on time.</p>
	<p>3-11 year-olds: Up to \$10 in gift cards every year for getting your kids to their annual well child visit.</p>
	<p>12-21 year-olds: Up to \$15 in gift cards every year for getting your kids to their annual well care visit.</p>
	<p>New/Expecting Moms: Up to \$100 in gift cards for prenatal and postpartum doctor visits when you're having a baby.</p>

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	<p>Diabetes Management: Up to \$125 in gift cards for taking simple steps to manage your diabetes.</p>
<p>All Managed Care Plan Incentives</p>	<ul style="list-style-type: none"> • Are limited to a total value of \$200.00 per enrollee per 12 months of enrollment. • Do NOT include cash or cash equivalent incentives (for example, no pre-paid debit cards). They may include gift cards that will exclude unhealthy purchases, such as alcohol and tobacco.

HEALTH PLAN	VALUE ADDED BENEFITS FOR MEMBERS AT NO ADDITIONAL COST
<p>Amerigroup</p>	<p>Eyeglasses - up to \$100 once a year for members ages 21-64</p>
	<p>Sports physicals for members ages 7-18</p>
	<p>First aid kit when you fill out a personal disaster plan online</p>
	<p>Taking Care of Baby and Me® is a program that offers moms education and support services as well as up to \$60 in gift cards for going to prenatal and post partum visits.</p>
	<p>Boys & Girls Club membership, where available, for members ages 6-18</p>
	<p>Cell phone through SafeLink and up to 250 minutes of service each month for qualified members, plus:</p> <ul style="list-style-type: none"> • 200 extra one-time bonus minutes when you choose to get health text messages • Unlimited wellness text messages, plus reminders to renew your benefits on time and unlimited minutes when calling Member Services and Amerigroup On Call.

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	<p>Amerigroup Mobile app for smartphones so you can safely access your ID card, find a doctor, and explore health and wellness information anytime, anywhere.</p> <p>Membership to one of four national disability advocacy organizations that support self advocacy, disability rights, and the same opportunities for people with disabilities: American Association of People with Disabilities (AAPD), Autistic Self Advocacy Network (ASAN), National Council on Independent Living (NCIL) and TASH.</p> <p>Tobacco Cessation Program – Quit for Life program includes counseling, coaching, and web support. Patches and gum can be available. Call now at 1.866.QUIT.4.LIFE (1-866-784-8454) or go online to www.quitnow.net .</p> <p>Amerigroup On Call – Amerigroup’s 24 hr nurse help line. Amerigroup members can call to ask medical questions to a doctor, set up an appointment, or get advice from a nurse 24 hours a day with help in more than 150 languages.</p>
Coordinated Care	<p>Tobacco Cessation Program – provides over the phone education, and support services to reduce the risk of tobacco related health conditions such as high blood pressure, heart disease and certain cancers by promoting cessation of all tobacco products. Members may self-refer to the program by calling 1-866-274-5791.</p> <p>Cell phone program - A cell phone is made available to qualifying members through SafeLink®.Members get a phone with 250 minutes per month and unlimited texting. In addition, calls to our Member Services line or 24/7 NurseWise® health information line do not count towards the monthly minutes.</p> <p>Maternity Program – Start Smart for Your Baby® - educational materials, case management and additional benefits to support pregnant members and new moms. Includes 1 car seat upon completion of the Notice of Pregnancy (NOP) form at least 6 weeks prior to due date and a breast pump for moms who wish to nurse their newborns. Our Start Smart for Your Baby program also offers community baby showers across the state for our pregnant members. Other maternity programs include NICU kits and support, Puff Free Pregnancy, 17P injections, Text4Baby, Smart Steps Walking Program and more.</p> <p>Health library - Our website contains an award winning Health Library of books and materials for adults, teens, and children. Members also have access to Krames Healthy library that includes information on thousands of health</p>

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	<p>conditions in multiple languages. Healthy Kids' Club- A fun, interactive club for children ages 2-12 promoting healthy living through games, children's books and community outreach with CC the Panda. Parents may enroll their children online on our website. Receive a personalized Healthy Kids' Club ID card and children's book in the mail.</p>
<p>Columbia United Providers</p>	<p>Sports physicals for members 7-18 years of age.</p>
	<p>Tobacco Cessation Programs one on one coaching and group support to help you quit tobacco.</p>
<p>Community Health Plan</p>	<p>Quit for Life® Tobacco Cessation Program - You can quit. We can help. This highly regarded program has been carefully developed and tested to provide members with the tools they need to be successful, including:</p> <ul style="list-style-type: none"> • Access to a Web Coach® • Member activities to help with quitting • Videos • Nicotine replacement therapy • Unlimited toll-free access to Quit Coaches® <p>Access to Text2QuitSM, a text message feature that enables the member to manage their quit plans</p>
	<p>Get well with CaféWell, our online health and wellness tool. Members earn rewards for better health.</p> <p>Improve health and wellness:</p> <ul style="list-style-type: none"> • Work with health and wellness coaches • Get involved in fitness and wellness challenges • Get advice and tips
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	<ul style="list-style-type: none"> • Get advice and tips <p>Make peer-to-peer connections:</p> <ul style="list-style-type: none"> • Join member communities • Read about getting and staying healthy from other CaféWell users <p>Earn points through better health and get rewarded!</p> <hr/> <p>Health information at your fingertips with Health and Wellness A to Z. Take an active role in your care:</p> <ul style="list-style-type: none"> • Get information for staying healthy using our health encyclopedia • Symptom checker to learn about your health or any conditions or symptoms you may have <p>Access information on when to get care and more</p> <hr/> <p>Synergy program: This health management program, available to select members, helps:</p> <ul style="list-style-type: none"> • Chronically ill members to better manage their health conditions by having HEALTH coaches on the telephone provide education, motivational sessions, as well as coaching on how to live healthier. • Members overcome health, psychological and social challenges by connecting them to community resources and service programs available to them in their local area <hr/> <p>Learn how the Health Homes program can make managing your care easier. Receive assistance with transitional care, care coordination, health education, care management, and much more. You can get more information at www.chpw.org/for-members/health-home-services.</p> <hr/> <p>Manage your mental health. The Mental Health Integration Program gives you easier access to mental health providers in your primary care clinic, for no additional fee. Care coordinators can consult with specialists and make mental health referrals for you, if needed.</p> <hr/> <p>MyCHPW Mobile App: Apple and Android mobile app available through iTunes and Google Play. Download our</p>

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	<p>mobile app for easy and instant access to our full provider directory and 24/7 Nurse Advice Line. Locate or search for your PCP or Specialist. One touch contact directly from your mobile.</p> <p>Get a cell phone with Assurance Wireless. Members may qualify for:</p> <ul style="list-style-type: none"> • A phone • 250 minutes per month • 250 texts per month. <p>To learn about the program, visit www.assurancewireless.com/chpw.</p>
Molina	<p>Motherhood Matters Program A program that helps pregnant women get the education and services they need for a healthy pregnancy. For more information please call Member Services at (800) 869-7165 (TTY 7-1-1).</p>
	<p>Smoking Cessation Program Smoking is a risk factor for your health and those around you. A team member will help you with the resources you need to quit smoking. Contact 1(800) QUIT-NOW.</p>
	<p>Weight Control Program This program is for members who may need help controlling their weight. The weight control program is provided for members 17 years and older. You will learn about healthy eating and exercise. This program is for members who are ready to commit to losing weight. Once you have understood and agreed to the program participation criteria, you can enroll in the program and attend classes in your area.</p>
UnitedHealthcare Community Plan	<p>Online Tools. Find doctor, pharmacy, and answers to your questions at our member only site.</p>
	<p>24/7 NurseLine. Get answers and advice anytime – even in the middle of the night and on weekends.</p>

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	<p>Sports physicals A physical examination can be a requirement for sports participation. Youth members can get needed exams and forms completed at their next checkup.</p>
	<p>Healthy First Steps.® Expectant moms get extra help to stay healthy and have a healthy baby. Breast pumps available for eligible members.</p>
	<p>Youth programs Boys & Girls Clubs provide after-school programs, mentoring, and homework assistance for youth members at participating clubs.</p>
	<p>Quit For Life® program Coaching and online support to help you quit tobacco. Nicotine patches or gum available.</p>
	<p>Quarterly Newsletter. Updates, tips and advice on healthy habits.</p>
	<p>We speak your language. Our interpreters are ready to help you by phone.</p>