



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

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. Gift cards cannot be used to purchase alcohol or tobacco and cannot be converted to cash.

VNSNY CHOICE Health Plans complies with Federal civil rights laws. VNSNY CHOICE does not exclude people or treat them differently because of race, religion, color, national origin, age, disability, sex, sexual orientation, gender identity or gender expression.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-866-469-7774 (TTY: 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: 711)。



Member Services

1-866-469-7774 (TTY: 711)

8 am - 6 pm, Monday - Friday

SelectHealthNY.org/member

Steps to a healthier life

Rewards Program

Healthy Track. Money Back.

Photos of models.

"Progress" Pride Flag by Daniel Quasar (quasar.digital LLC)

ID# D7739 | Rev# 04/15/20 | DOH Approved 06/05/20

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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*, a program that tracks your progress and rewards you for completing key health activities.

Here's how it works:

As a member of SelectHealth, you're automatically enrolled in the Steps rewards program. Now you can earn gift cards for completing health exams, screenings and other important assessments. Depending on your health needs, you could be eligible for rewards of \$500 or more every year!

The chart on the right lists many of the qualifying activities. Here are some of the highlights:












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

- Earn anywhere from \$10 to \$25 for completing each health activity, such as getting a dental check-up, vision exam or preventive screening

Every quarter, we'll track your progress through lab results and claims information from your provider. You can contact our Member Services team if you have any questions about how to qualify for a reward.

Health Activity	Value	Amount	Total Yearly Reward
 Achieve and maintain 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
 Dental exams	\$25	Every six months	\$50
 Eye exam	\$25	One visit/two years	\$25
 Breast cancer screening – mammography***	\$25	One per year	\$25
 Women's wellness exam*** (chlamydia or cervical cancer screening)	\$25	One visit/year	\$25
 Colon cancer screening***	\$25	One per year	\$25
 Asthma medication adherence	\$25	Once per year	\$25
 Diabetic eye exam***	\$25	One per year	\$25
 Diabetes urine protein test***	\$25	One per year	\$25
 Take smoking cessation steps	\$25	Yearly	\$25

*For members living with HIV. **For a copy of this form, contact SelectHealth Member Services or go online to SelectHealthNY.org/steps. ***As medically required.