



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 Medi-Cal 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 Medi-Cal member age 45 or older.
- 2 Complete your Annual Wellness Visit and a Social Determinants of Health Assessment with your doctor between April 1, 2023, and December 31, 2023.
- 3 CalOptima Health will take care of the rest. There is NO form to submit!

Once we receive 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 the CalOptima Health Customer Service at **1-714-246-8500** or toll-free at **1-888-587-8088 (TTY 711)**, Monday through Friday, from 8 a.m. to 5:30 p.m. 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. Kaiser Permanente members may not participate in this health reward program. It takes at least 8 weeks after we receive the claim from your visit 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.

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Annual Wellness Visit Health Reward

At an Annual Wellness Visit, your doctor will:

- ☐ Go over your Health Risk Assessment and Social Determinants of Health 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