



## ANNUAL WELLNESS VISIT

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

Your Annual Wellness Visit, also known as your annual physical, is an important part of your health care. As a CalOptima Health member, you can get your Annual Wellness Visit at no cost. During this visit, your primary care provider (PCP) will perform a physical exam to check your health and make recommendations to keep you healthy. Your Annual Wellness Visit can also help catch problems before they become serious.

### How to qualify for the no-cost gift card:

- 1 You must be an eligible OneCare (HMO D-SNP), a Medicare Medi-Cal Plan or OneCare Connect Cal MediConnect Plan (Medicare-Medicaid Plan) member.
- 2 Complete your Annual Wellness Visit or annual physical with your PCP between October 1, 2022, and December 31, 2022.
- 3 CalOptima Health will take care of the rest. There is NO form to submit!

If you qualify, you will receive your no-cost \$50 gift card about 4 months after you finish the visit.

If you have any questions, call the Health Management department at **1-714-246-8895** (TTY **711**). We are here to help you Monday through Friday, from 8 a.m. to 5 p.m. We have staff who speak your language. Visit us at [www.caloptima.org/HealthRewards](http://www.caloptima.org/HealthRewards).

**Disclaimer:** You must meet **all** health reward eligibility requirements to qualify for the 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. 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 Connect Cal MediConnect Plan (Medicare-Medicaid Plan) is a health plan that contracts with both Medicare and Medi-Cal to provide benefits of both programs to enrollees. OneCare and OneCare Connect comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

*The people in the photographs that appear in this document are models and used for illustrative purposes only.*