

# Be Proactive. Live Healthy. Get Rewarded.

At Independent Health, we want to make sure you're always getting the most from your health care. That's why we encourage you to schedule your Enhanced Annual Wellness Visit and talk with your doctor or health care provider. It's an important way to help maintain or improve your health and well-being, and it's also an easy way to get rewarded.

**Introducing Senior Savings: A new program offered by LMHF that rewards retirees with a \$30 Debit card for taking charge of your health by going to your Enhanced Annual Wellness Visit.**

## HOW IT WORKS

- **Schedule an appointment.** Be sure to tell the doctor's office that the appointment is for your Enhanced Annual Wellness Visit.
- **Complete your Health Risk Assessment (HRA).** Answer each question to the best of your ability so that your doctor can accurately gauge your health.
- **Talk to your doctor.** Discuss the results of your HRA and the status of any current medical conditions, as well as your health goals and treatments, if needed.
- **Receive your rewards card.** Following your Enhanced Annual Well Visit, you'll receive a \$30 debit card in the mail! This can be used toward qualified health care expenses, such as prescription drugs, dental and vision services, and more.

**Remember,** having the conversation now may save you from complications or illnesses later.



### Discuss the following topics with your doctor:

- The importance of preventive services, such as flu and pneumonia vaccines.
- Cancer screenings, such as mammography and colonoscopy.
- Maintaining healthy bones to prevent fractures.
- Balance issues and preventing falls.
- Quitting smoking.

For more information, please call Member Services:

**(716) 250-4401 or 1-800-665-1502** (TTY Users: 1-800-432-1110)

**October 1 – February 14:** Monday – Sunday, 8 a.m. – 8 p.m.

**February 15 – September 30:** Monday – Friday, 8 a.m. – 8 p.m.



Independent Health is a Medicare Advantage organization with a Medicare contract offering HMO, HMO-SNP, HMO-POS and PPO plans. Enrollment in Independent Health depends on contract renewal.

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