

SelectHealth Medicare Wellness Your Way



YOU'RE FREE TO MANAGE YOUR HEALTH—YOUR WAY!

As a SelectHealth Medicare member, you can use your SelectHealth Medicare Flexible Benefits card to pay for wellness expenses like gym memberships, approved weight loss programs, nutritional services, health education classes, in-home safety assessments, and home or bathroom safety devices. You can also use funds for unique activities like golf green fees, ski lift passes, and national parks passes.

Here's how it works:

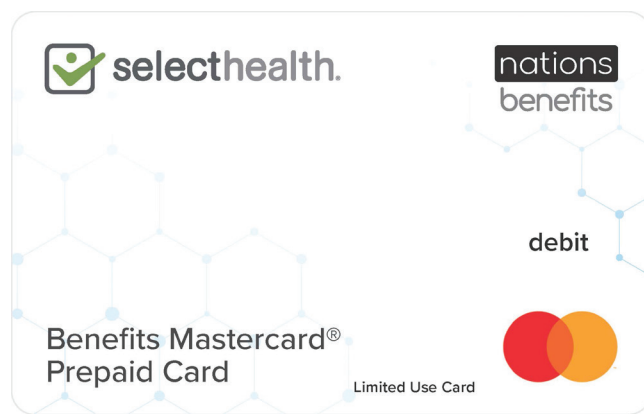
- 1 **Find a wellness activity** such as those listed on the back of this flyer to help you live a healthier life. What's important is that you feel great and get to build the healthy lifestyle that works for you.
- 2 **Pay for the activity** with your SelectHealth Medicare Flexible Benefits card.
- 3 **Log in** to your **MyBenefits** portal to see your account balance. Remember, your remaining balance won't carry over to a new year, so be sure to use your balance by **December 31, 2023**.

HOW TO ACCESS YOUR MYBENEFITS PORTAL

Visit selecthealth.nationsbenefits.com or download the MyBenefits app to access your account. If you do not have an account, you can create one by visiting SelectHealth.Nations.Benefits.com.

Through the portal, you can view your benefit-specific information and easily:

- > Activate and manage your SelectHealth Flexible Benefits card
- > Review your account balance
- > Check for eligible products and services
- > Order health and wellness products
- > Search for retail locations that accept your card
- > Track order and transaction history



Questions?

Call SelectHealth Member Services toll-free at **855-442-9900** during the following dates and times:

October 1 to March 31: Weekdays 7:00 a.m. to 8:00 p.m., Saturday and Sunday 8:00 a.m. to 8:00 p.m.

April 1 to September 30: Weekdays 7:00 a.m. to 8:00 p.m., Saturday 9:00 a.m. to 2:00 p.m., closed Sunday.

Outside of these hours of operation, please leave a message and your call will be returned within one business day. TTY users, please call 711.

SelectHealth Medicare Wellness Your Way



With Wellness Your Way you're free to manage your health your way. Choose and pay for an activity that will help you live a healthier life. The list below shows some wellness activities that you might choose.

FLEXIBLE WELLNESS ACTIVITIES

You can get creative and pay for activities of your choice, including:

- > Greens fees
- > Ski passes
- > National parks passes

GYM MEMBERSHIPS

- > Pay for membership fees
- > You choose the gym, fitness center, or health club
- > Pay for classes not included in your membership fee, such as yoga or senior fitness classes

NUTRITIONAL SERVICES

- > Pay for the cost of dietician and nutritional counseling services not already covered by your plan
- > Pay for healthy cooking classes
- > Access individual or group sessions depending on your needs
- > Please note, sessions and classes must be led by qualified and licensed health professionals

WEIGHT LOSS PROGRAMS

- > Pay for formal weight loss program fees like The Weigh to Health[®] from Intermountain Healthcare[®], Weight Watchers[®], and Jenny Craig[®]
- > Please note, the purchase of meals and supplements is not included

HEALTH EDUCATION CLASSES

- > Pay for a wide variety of courses that are provided by a certified health educator or qualified licensed health professional, such as Arthritis Aquatics, Fibromyalgia Aquatics, and Type 2 Diabetes classes
- > Choose a health education class that meets your needs and goals
- > Please note, formal programs must be led by a qualified and licensed instructor

HOME SAFETY ASSESSMENTS AND DEVICES

- > Pay for in-home safety assessments through approved providers
- > Pay for bathroom safety devices purchased through approved providers

EXCLUDED FROM REIMBURSEMENT

While we want to reward you for your healthy habits, there are a few activities, services, and items that are not covered, such as:

- > Fitness equipment purchased for personal or home-use
- > Purchase of meals or supplements
- > Alternative or holistic education services

Disclaimers: Unused funds will expire at the end of the year.

SelectHealth is an HMO, PPO, SNP plan sponsor with a Medicare contract. Enrollment in SelectHealth Medicare depends on contract renewal.

SelectHealth obeys federal civil rights laws. We do not treat you differently because of your race, color, ethnic background or where you come from, age, disability, sex, religion, creed, language, social class, sexual orientation, gender identity or expression, and/or veteran status. This information is available for free in other languages and alternate formats.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

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 SelectHealth Medicare: **855-442-9900** (TTY: 711)