



Get more with a Select Health
Medicare Wellness (HMO) 044

Select Health is an HMO and SNP plan sponsor with a Medicare contract.

Select Health 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, veteran status, and/or any other characteristic protected by applicable federal or state law.

This information is available for free in other languages and alternate formats by contacting:

Select Health Medicare: **855-442-9900 (TTY: 711)**

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

© Select Health 2026. All rights reserved.

08/26 H1994_4705015_M



A Medicare Advantage
plan built for your
active lifestyle.

Get more with a Select Health Medicare
Wellness (HMO) 044 plan.



\$360 in Wellness Your Way

Get **\$360** each year to spend on activities you enjoy, plus **\$110** every quarter for over-the-counter items

What can you use your wellness benefit for?

Activities and fitness

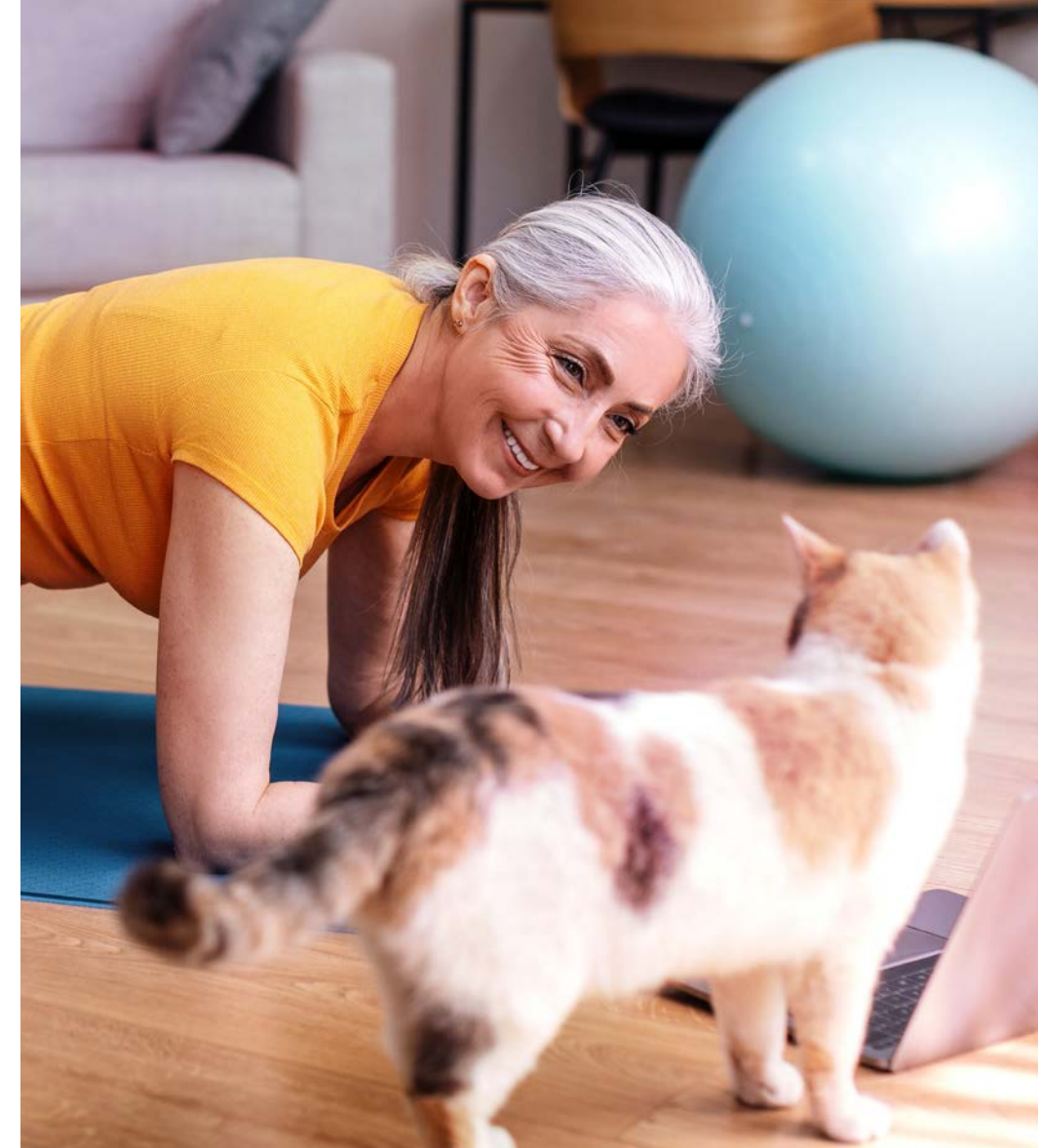
- Golf fees and driving range
- League fees: bowling, tennis, pickleball, and more
- Fitness classes like yoga, cycling, or water aerobics
- Fitness center memberships

Programs and subscriptions

- Weight management programs like Jenny Craig, Weight Watchers, or Noom
- Memory fitness tools like BrainHQ or Lumosity

Not covered

- Fitness equipment or apparel for home use
- Meals or supplements
- Club membership fees
- Park passes, licenses, or campsite fees



Stay active, and live your healthiest life possible.