

Rewards Plus Program Incentives

Earn Up To \$150 In Rewards

Earning your Rewards is much easier than you might imagine. In fact, many of your Rewards are based on healthy actions you already take every year. Visit the following URL to learn more bndhmo.com/members/rewardsplus

Examples include:

- ✓ **Health Risk Assessment**
Complete and mail the form included in your Welcome Kit. If you need help completing the form, please call Member Services.
- ✓ **Annual Wellness Visit**
Schedule and complete with your Primary Care Provider (PCP).
- ✓ **Diabetes Retinal Eye Exam**
Complete your eye exam with an optometrist or ophthalmologist.
- ✓ **Mammogram**
Contact your PCP to see if you need this screening this year.
- ✓ **Colorectal Cancer Screening**
Contact your PCP to see if you need a colorectal cancer screening this year. Qualified screenings include colonoscopy or a Fecal Occult Blood Test.
- ✓ **Flu Shot**
After September 1st, 2023.

Talk to your PCP to see which health screenings or tests you need. Complete them after the start of your plan year and before December 31 to earn your rewards.

Not all members will qualify for all rewards. Qualification for screenings and tests are at the discretion of your provider.