

REWARD **PROGRAMS**

for getting and staying healthy



HOW DOES IT WORK?

TrueCare MyKids

Fill out the form at MSTrueCare.com/MyKids or call Member Services to sign up. Make sure each child is signed up.

1. SIGN UP.

completes their first activity. Learn what activities they can do to earn rewards below. m

2. COMPLETE HEALTHY ACTIVITIES.

3. REDEEM YOUR REWARDS.

Use your rewards card like you use a gift card at local stores.

You'll get a rewards card in the mail after you sign up and your child

SHOP AT: CVS®, Dollar General®, Kroger®, Walgreens®, Walmart® and more!

Groceries - fresh and frozen foods and pantry staples



BUY:

\$25

Baby care - diapers, wipes and formula Personal care - deodorant, shampoo and toothpaste



TrueCare MyKids

For newborns and kids through age 17 Rewards are earned once each year unless noted. Rewards expire one year after they are issued.

months.



Amount **Reward Activity**

Well-baby visit #5, earn \$25. Ages newborn through 17

TrueCare MvKids Rewards*

Well-baby visit #6, earn \$25. Ages newborn through 17 \$25 months. Well-child visit age 3 to 17 years old. \$50 Well-child visit – Can earn 3 times ages 18 months to \$10 30 months. Routine dental exams for 3 to 17 years old. Two times \$10

each calendar year. \$25 Flu vaccine. One time per calendar year. \$50 Postpartum visit. **TrueCare MyHealth** Rewards

HOW DOES IT WORK?

Need help with rewards? to MyLife.MSTrueCare.com. Click the MyHealth link under the Health tab to Call Member Services. We can help! get started. You can also track your progress and view your balance here.

Groceries - fresh and frozen foods and pantry staples

Home goods - clothing, cleaning products and shoes

Personal care - makeup, shampoo and deodorant

Rewards are added to your account when you complete healthy activities. Learn what activities you can do to earn rewards below.

BUY:

1. LOG IN.

3. REDEEM YOUR REWARDS. Redeem your rewards for gift cards to your favorite stores in your MyLife.MSTrueCare.com account. SHOP AT: Walmart®, TJ Maxx®, Old Navy®, and more!

2. COMPLETE HEALTHY ACTIVITIES.

Adults 18 and older are automatically enrolled in MyHealth Rewards. Log in



MyHealth

Rewards

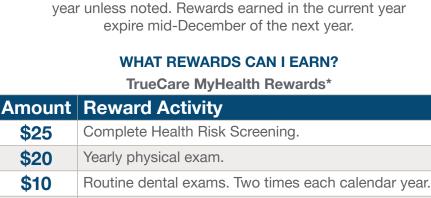
For adults 18 and older. Rewards are earned once each

\$25

\$20

\$10

\$10



For adults 18 and older

\$20	Cervical cancer screening
\$25	Breast cancer screening (mammogram)
\$50	Postpartum visit.
\$25	Diabetic A1c testing (must have diabetes diagnosis)
\$10	Diabetes micro-albumin testing (must have diabetes diagnosis)
\$25	Diabetic retinal eye exam (must have diabetes diagnosis)

Flu vaccine. Two times each calendar year.

Start Earning Rewards Today!

We are here Monday through Friday, 7 a.m. to 8 p.m. Central Time. *Rewards are subject to change. If you are no longer with TrueCare, access to your

will vary by age, gender and health needs.

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