

REWARD PROGRAMS


for getting and staying healthy




TrueCare MyKids

HOW DOES IT WORK?

1. SIGN UP.

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






2. COMPLETE HEALTHY ACTIVITIES.

You'll get a rewards card in the mail after you sign up and your child completes their first activity. Learn what activities they can do to earn rewards **below**. 

3. REDEEM YOUR REWARDS.

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

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

- BUY:**
-  **Groceries** - fresh and frozen foods and pantry staples
 -  **Baby care** - diapers, wipes and formula
 -  **Personal care** - deodorant, shampoo and toothpaste
 -  **Home goods** - clothing, shoes and school supplies
 -  **And so much more! Some exclusions apply.**

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.

WHAT REWARDS CAN I EARN?

TrueCare MyKids Rewards*

Amount	Reward Activity
\$25	Well-baby visit #5, earn \$25. Ages newborn through 17 months.
\$25	Well-baby visit #6, earn \$25. Ages newborn through 17 months.
\$50	Well-child visit age 3 to 17 years old.
\$10	Well-child visit – Can earn 3 times ages 18 months to 30 months.
\$10	Routine dental exams for 3 to 17 years old. Two times each calendar year.
\$25	Flu vaccine. One time per calendar year.
\$50	Postpartum visit.

TrueCare MyHealth Rewards

HOW DOES IT WORK?


1. LOG IN.

Adults 18 and older are automatically enrolled in MyHealth Rewards. Log in to MyLife.MSTrueCare.com. Click the *MyHealth* link under the *Health* tab to get started. You can also track your progress and view your balance here.

Need help with rewards?

Call Member Services.
We can help!





2. COMPLETE HEALTHY ACTIVITIES.

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

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!

- BUY:**
-  **Groceries** - fresh and frozen foods and pantry staples
 -  **Personal care** - makeup, shampoo and deodorant
 -  **Home goods** - clothing, cleaning products and shoes
 -  **And so much more!**

TrueCare MyHealth Rewards



For adults 18 and older

For adults 18 and older. Rewards are earned once each year unless noted. Rewards earned in the current year expire mid-December of the next year.

WHAT REWARDS CAN I EARN?

TrueCare MyHealth Rewards*

Amount	Reward Activity
\$25	Complete Health Risk Screening.
\$20	Yearly physical exam.
\$10	Routine dental exams. Two times each calendar year.
\$10	Flu vaccine. Two times each calendar year.
\$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)

Start Earning Rewards Today!

Questions? Call Member Services at **1-833-230-2050 (TDD/TTY: 711)**. 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 rewards will be deactivated. Any unused rewards may no longer be available. Rewards will vary by age, gender and health needs.