



Healthy Rewards ... for a Healthier You!

At Your Service With Discounts, Perks and Rewards From Day 1!

You *don't* need your health insurance company to tell you that being healthy goes a long way toward being happy! What you *do* need from your health insurance company is a *partner* that actively works with you to help you achieve your personal health objectives.

CoOpportunity Health takes that responsibility seriously, because we're not just another health insurance company ... we're a CO-OP. That means we're **dedicated** to building a community of members who are working together toward the common goal of being the best they can be for everyone's benefit; a "culture of health." And, CoOpportunity Healthy Rewards can play a big part in helping you get and stay healthy.

How Healthy Rewards Works

It's simple, really. You and all your family members who are covered by a CoOpportunity Health plan are **automatically eligible** to take advantage of the perks and privileges offered by the Healthy Rewards program from the **very first day!** There are two basic components:

- 1 Rewards for healthy living
- 2 Discounts to save you money



Rewards for Healthy Living

All covered members at least 18 years old can earn a one-time Healthy Rewards \$100 VISA® gift card* after completing two simple steps:

Step 1 | Routine Preventive Physical Exam



- A physical exam with a primary care provider is part of your (and your covered family members') appropriate
- **free preventive care.** Plus, getting

a preventive care exam will help you establish a relationship — a medical home — with a healthcare provider before an illness or emergency hits, which is essential for your long-term overall health and well-being.

Step 2 | Online Health Assessment



- After you register as a member on **coOpportunityhealth.com****, you can complete an online health assessment
- from which you'll receive a personalized

report that gives you access to information and programs based on your results. Knowing your numbers — like blood pressure, body mass index (BMI) and cholesterol (LDL and HDL) — is helpful to complete the assessment.

* Limited to two gift cards per contract per plan year; one card per member per year.

** Members who don't have online access to register or need a paper or Spanish version of the health assessment may call Member Services at 1.888.324.2064.





Discounts to Help You Save

Immediately upon joining CoOpportunity Health, you can start stretching your paycheck with your Healthy Rewards discounts! All the information you need to get your **savings instantly** is available at coOpportunityhealth.com/Discounts. And, soon you'll receive two Healthy Rewards Discount Cards in the mail. The card is a convenient in-your-wallet reminder to take advantage of your Healthy Rewards savings from the popular local and online retailers that can make your healthcare, wellness and fitness dollars work harder when you purchase items such as:

- **Drugs** not covered by your health plan with discounts up to 75 percent at all major pharmacies
- **Vision services and supplies**, including eye exams, glasses and contacts with discounts up to 50 percent from all major providers and LASIK eye surgery 40-50 percent off
- **Hearing tests (free) and supplies**, including savings of up to 65 percent on name-brand hearing aids and products
- **Lab tests** not covered by your health plan at 10-70 percent off the usual fees
- **Diabetic supplies** not covered by your health plan with 15-48 percent discounts
- **Gym and fitness club memberships** with discounts up to 40 percent off retail monthly rates

Gym Membership at the Guaranteed Lowest Price!!



- One healthy behavior you know
- yields a lifetime of benefits
- is daily exercise. That's why
- CoOpportunity Health has teamed

up with GlobalFit, a nationally-recognized leader in healthy living discounts, to help you join a gym with the guarantee that you will get the lowest price. Your membership has lots of perks, too, like the ability to follow you when you travel or transfer job locations.

To search a list of participating gyms visit www.globalfit.com/coOpportunityhealth.

- **Weight-loss** programs, like the Mediterranean Wellness Program®
- **Lifestyle coaching** to lose weight, eat better, quit smoking and reduce stress
- **Fitness gear** large and small from name-brand retailers like Total Gym®, StairMaster®, Schwinn® and Zumba®

For more information about everything available through Healthy Rewards, go to coOpportunityhealth.com/HealthyRewards.



1.888.324.2064

coOpportunityhealth.com

Connect with us    

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