

PMAP & MNCare – 2025 Preventive Health Rewards

If your health insurance is:

And you are:

You may be eligible for:

HealthPartners

Pregnant	Healthy Pregnancy Program Registration	\$25 reward for signing up for the Healthy Pregnancy Program (pregnancy support via email or phone)
Pregnant	Healthy Pregnancy Program Completion	\$25 reward for completing the Healthy Pregnancy Program
Postpartum	Postpartum Visit*	\$25 reward for postpartum visit three to eight weeks after birth. You can go to your clinic or have a Public Health Nurse visit you at home.
Birth to 24 Months	Immunizations	\$25 reward for when a child has all recommended series of vaccines by their second birthday
All Members	Condition Support	\$25 reward for completing three support calls with a nurse or behavioral health specialist for chronic or complicated health conditions, such as diabetes, asthma, heart disease, and more. Call 1-800-871-9243 (TTY 711).
11 to 12 Years	Immunizations	\$25 reward for completing HPV, Meningococcal, and Tdap immunizations
6 Months Pregnant or Children 8 Years or Younger	Free Car Seat or Booster Seat And Safety Education	Call Member Services to find a FREE car seat education provider near you. Non-birth (adoptive) parents expecting a child within three months are also eligible.
All Members	Well-Being Coaching	\$75 reward for completing three calls with a health coach to learn tips and tricks on a range of health topics (such as stress, sleep, nutrition). Call 1-800-311-1052 to get started.
18 Years and Older	Health Assessment	\$25 reward after completing your online health assessment, to get a snapshot of your current health status and resources to help reach your goals. Sign in to your online member account or call Member Services to request a paper copy.
All Members	Tobacco Cessation	\$75 reward for completing three calls with a health coach to help with tobacco cessation. Additional \$125 reward for pregnant members.

*HealthPartners members need to mail in a voucher for this visit

Call HealthPartners Member Services: 1-866-885-8880 (TTY 711)
Monday – Friday, 8:00am-6:00pm

- **Online Member Portal:** Sign in or create your account at <https://auth.healthpartners.com>

Members can voluntarily enroll to take advantage of the HealthPartners Rewards Program. More information can be found here:

<https://healthpartners.com/insurance/minnesota-medical-assistance/health-incentives/>

After a visit, HealthPartners incentives are automatically sent to members, except for the postpartum voucher. The postpartum voucher will be mailed to the client, who then gives it to their clinic or public health nurse to complete.

Transportation and interpreter services for appointments are covered by your health insurance plan. For assistance or more information, call the Member Services number above (also located on the back of your insurance card).

Other perks/benefits:

- **BabyLine:** Get 24/7 answers to questions about pregnancy or new baby care by calling 1-800-845-9297 (TTY 711).

- **CareLine:** Get 24/7 medical advice from registered nurses who can help with symptom questions, care options, and more by calling 1-800-551-0859 (TTY 711).

- **Active & Fit Direct:** Get access to over 10,000 fitness centers nationwide. After a one-time \$25 enrollment fee (plus tax), pay only \$25 a month.

- **GlobalFit Gym Network 360:** Pay less to get active at more than 8,000 gyms and fitness studios. You can also join nutrition and weight loss programs and get discounts on vitamins, supplements and more.

- **Healthy Discounts:** Get discounts on eyewear, exercise equipment and more. Just show your member ID card at participating retailers.

If your health insurance is:

And you are:

You may be eligible for:

Blue Plus

Pregnant	Early Prenatal Care*	\$75 reward for prenatal visit (in person or via telehealth) during first 3 months of pregnancy
Postpartum	Postpartum Visit*	\$75 reward for postpartum visit that takes place within 12 weeks of delivery
Birth to 15 Months	Well Child Visits	\$10 reward for each of the six preventive well child visits during the first 15 months of life (max 6 visits = \$60 in rewards)
16 to 30 Months	Well Child Visits	\$10 reward for the first visit and an additional \$15 reward for the second visit (toddlers should have two visits between ages 16-30 months). Total reward: \$25
Birth to 2 Years	Baby Flu Vaccine	\$25 reward for getting both of your baby's flu vaccines completed by their 2 nd birthday
Age 2 to 64 Years	Annual Dental Visit	\$25 reward for completing annual dental exam
Age 3 to 21 Years	Annual Well Child Visits	\$25 reward for those ages 3 to 21 years for completing their annual well child visit
Age 9 to 12 Years	Preteen HPV Vaccine	\$25 reward for those ages 9 to 12 years who complete the HPV vaccine by their 13 th birthday
Age 16 to 24 Years	Chlamydia Screening*	\$25 reward for those ages 16 to 24 years for completing a chlamydia screening each year
Age 18 to 64 Years	Diabetes Care	\$25 reward for completing annual diabetes control test (A1C test) for members ages 18 to 64 years diagnosed with type 1 or 2 diabetes
Age 6 to 64 Years	Follow Up Visit After Mental Health Hospital Stay*	\$25 reward for completing a follow-up visit with your doctor within 7 days of a mental health hospital discharge (in person or telehealth)
7 Months Pregnant or Children 8 Years or Younger	Free Car Seat or Booster Seat And Safety Education	Contact Benton County Public Health at 320-968-5331 for eligibility information and assistance.
Age 40 to 64 Years	Mammogram	\$50 reward for those ages 40 to 64 years for completing their annual mammogram
Age 45 to 64 Years	Colonoscopy	\$50 reward for those ages 45 to 64 years for completing a colonoscopy. Reward may only be claimed every 10 years.

*Blue Plus members need to print and mail in a voucher for this visit. Vouchers can be found at <https://bluecrossmn.com/HealthyRewards>

Call Blue Plus Member Services: 1-800-711-9862 (TTY 711)
Monday – Friday, 8:00am-5:00pm

Members can voluntarily enroll to take advantage of the Healthy Rewards Program. More information can be found here: <https://bluecrossmn.com/HealthyRewards>

Members will receive most of their Healthy Rewards via a reloadable rewards card instead of vouchers. The card is reloadable, so please do not discard it. For prenatal care, postpartum care, chlamydia screenings, and mental health hospital stay follow up visits, members will continue to use vouchers to maintain member confidentiality per HIPAA.

Transportation and interpreter services for appointments are covered by your health insurance plan. For assistance or more information, call the Member Services number above (also located on the back of your insurance card).

Here's how it works:

1. Members voluntarily enroll in the program via <https://my.bravowell.com/bluecrossmn> or by calling 1-833-786-8722 (TTY 711). You will need an email address, mailing address, and your member ID that is located on your Blue Plus Card to create your Healthy Rewards account.
2. Member completes healthy activity, and a claim is submitted.
3. Members receive a reloadable rewards card when they complete their first visit.
4. As members complete additional preventive services, and claims are submitted, rewards are added to the member's reloadable rewards card.
5. Blue Plus members ages 18 to 64 are eligible for the Healthy Rewards program and can open their own account and receive their own card. All members under 18 in a household accumulate their rewards onto one card.

If your health insurance is:

And you are:

You may be eligible for:

UCare

Pregnant	Early Prenatal Care	\$75 reward for completing first prenatal appointment within the first trimester of pregnancy or for members joining UCare after the first trimester, visit a doctor/midwife within 42 days of enrolling
Postpartum	Postpartum Visit	\$75 reward for completing postpartum checkup 1-12 weeks after birth
Birth to 15 Months	Well Child Visits	\$50 reward for completing six well child visits by age 15 months (must be a member for at least 5 of the 6 visits)
Age 16 to 30 Months	Well Child Visits	\$25 reward for completing two well child visits between ages 16 to 30 months
Age 3 to 17 Years	Well Child Visits	\$25 reward for completing annual well child visit for ages 3-17 years
Age 18 to 21 Years	Annual Wellness Exam	\$25 reward for completing annual wellness exam for ages 18-21 years
All Members	Dental Exam	\$25 reward for completing a dental visit (must be at least 6 months from your last dental visit)
All Members	Chlamydia Screening	\$25 reward for completing a chlamydia screening
All Members	Cervical Cancer Screening	\$30 reward for a cervical cancer screening Recommended screenings: • Age 21 – 30: every 3 years (Pap test) • Age 30+: every 5 years (Pap and HPV test)
All Members	Mammogram Screening	\$50 reward for completing a mammogram screening
All Members	Colon Cancer Screening	\$50 reward for one of the following screenings (at home tests do not qualify for a reward) • Colonoscopy (recommended every 10 years) • Sigmoidoscopy (recommended every 5 years)
Pregnant/ Postpartum Smoker	Tobacco Quit Line Counseling	\$25 reward for completing tobacco quit line phone counseling sessions. Estimated due date or baby date of birth required. For pregnant members or within 1 year after giving birth.
Member Diagnosed with Diabetes	Diabetes Management Testing	\$30 reward for completing blood glucose test (A1C) \$30 reward for a dilated eye or retinal eye exam \$30 reward for completing urine protein test
Pregnant in Third Trimester or Children Age 8 Years or Younger	Free Car or Booster Seat And Safety Education	Call Member Services at 1-866-599-2490 or Benton County Public Health at 320-968-5331 for eligibility information and assistance.

Call UCare Member Services: 1-866-599-2490 (TTY: 1-800-688-2534)
Monday – Friday, 8:00am-5:00pm

Members can voluntarily enroll to take advantage of the UCare Rewards Program. More information can be found here: <https://ucare.org/rewards>

After a visit, UCare members will automatically receive their reward via a reloadable Mastercard. Members can call 1-866-609-4651 to request a replacement card and check their balance. UCare members can also log in to their online member portal to see what they are eligible for:
<https://ucare.org/member-login>

Transportation and interpreter services for appointments are covered by your health insurance plan. For assistance or more information, call the Member Services number above (also located on the back of your insurance card).

Other perks/benefits:

- **Health Club Savings:** Eligible UCare members who belong to a participating health club can get a reimbursement each month for their health club membership fees.
- **Grocery Discounts:** Members can save money on healthy foods like milk, whole-grain bread, lean meat, eggs, yogurt, fruits, vegetables and more at participating grocery stores.
- **Community Education Discounts:** Members can get a \$100 quarterly allowance for most community education classes offered in Minnesota. Check a local community education catalog or contact your local school district for class times and locations.
- **LivingWell Kids Kit:** Wellness kits designed to help kids to live well and feel well (members under age 17).