



Incentives

PrimeWest Health wants our members to be healthy. A big part of staying healthy is getting preventive services. Because these services are so important, PrimeWest Health offers incentive gift cards* to members for having them completed.

We mail vouchers to members who qualify for the incentive but who have not yet had the service. To get the incentive, members need to get the service and then let us know by either returning the voucher to PrimeWest Health or filling in an online form. Incentive amounts vary based on the service. PrimeWest Health may look at claims information to confirm the service was provided.

If you have questions about our incentive program or think you should have gotten a voucher, let us know. Call Member Services at **1-866-431-0801**. TTY users call **1-800-627-3529** or **711**. The call is free.

Incentives are available for eligible members who get the following services. **Some incentives have eligibility limitations. As applicable, PrimeWest Health must be your or your child's primary insurer on the date of service to qualify.**

- **Colorectal Cancer Screening:** Eligible members can earn a gift card for having a colorectal cancer screening. Members must be ages 45 – 75. Limit one per member per screening. Screening frequency is based on provider recommendations.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Dental Exam:** Eligible PrimeWest Health Families and Children, MinnesotaCare, and Special Needs BasicCare (SNBC) Medical Assistance-only members can earn a gift card for having a dental exam. Members must be ages 1 – 20. Limit one per year per member for this service.

- [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Mammogram:** Eligible members can earn a gift card for having a mammogram. Members must be females ages 50 – 74. Limit one every 2 years per member for this service.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Postpartum Visit:** Eligible PrimeWest Health Families and Children, MinnesotaCare, and Special Needs BasicCare (SNBC) Medical Assistance-only members can earn a gift card for having a postpartum visit. The visit must take place on or between 7 and 84 days after delivery. Limit one per member per pregnancy.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Retinal or Dilated Eye Exam:** Eligible members can earn a gift card for having an annual retinal or dilated eye exam from an eye care professional (optometrist or ophthalmologist). Members must be ages 18 – 75 and have diabetes. Limit one per year per member for this service.
 - [Brochure](#) (English)

- [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Childhood Vaccines:** Earn a gift card if your eligible child is up-to-date on all vaccines *before* they turn 2 years old.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Well-Child Visits – Birth – 15 Months:** Earn a gift card for each well-child visit your eligible child completes, ages 0 to 15 months. Limit 6 per child for this service during this age range.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Well-Child Visits – 15 – 30 Months:** Earn a gift card for each well-child visit your eligible child completes at ages 15 – 30 months. Limit 2 per child for this service during this age range.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)

- [Brochure](#) (Spanish)
- [Print-friendly voucher](#) (Spanish)
- **Well-Child Visits – 3 – 11 Years:** Earn a gift card when your eligible child has an annual well-child visit at ages 3 – 11 years. Limit one per year per child for this service.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Well-Child Visits – 12 – 17 Years:** Earn a gift card when your eligible child has an annual well-child visit at ages 12 – 17 years. Limit one per year per child for this service.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)
- **Wellness Visits – Young Adults:** Eligible PrimeWest Health Families and Children, MinnesotaCare, and Special Needs BasicCare (SNBC) Medical Assistance-only members can earn a gift card for having an annual wellness visit at ages 18 – 21 years. Limit one per year per member for this service.
 - [Brochure](#) (English)
 - [Online voucher submission](#) (English)
 - [Print-friendly voucher](#) (English)
 - [Brochure](#) (Spanish)
 - [Print-friendly voucher](#) (Spanish)

**The gift card is a pre-paid MasterCard Reward Card. It can be used anywhere that accepts debit or credit cards. There are no extra fees for using the card.*

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DHS_Approved_03/10/2025

Updated_03/24/2025

Your *greater* Minnesota health plan



Member Services: 1-866-431-0801 TTY: 711



PrimeWest
HEALTH™

Your *greater* Minnesota health plan

2025

EARN REWARDS FOR STAYING HEALTHY

Healthy Rewards program and activities

As a member of Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Plus), you can earn rewards¹ for completing certain preventive activities² with the Healthy Rewards program.

COMPLETE ACTIVITIES. EARN REWARDS.

Enrolling is optional. When you complete your first activity, a rewards card will be mailed to your home. Each time you complete an activity, dollars are added to your reloadable rewards card.

Members 18 years and older can create their own Healthy Rewards account and receive their own card. For members younger than 18, rewards are added to the main household card.

LEARN MORE

Visit bluecrossmn.com/HealthyRewards

or scan the
QR code.



HEALTHY REWARDS ACTIVITY		VALUE
Child and teen checkups	Baby flu vaccine	\$25
	Baby well-child visits (age 0 to 15 months)	Up to \$60
	Well-child visits (age 16 to 30 months)	Up to \$25
	Well-child visit (age 3 to 17 years)	\$25
	Preteen HPV vaccine series (age 9 to 12 years)	\$25
Diabetes care	Annual diabetes A1C test (age 18 to 64)	\$25
Maternal care	Prenatal visit³	\$75
	Postpartum visit³	\$75
Preventive care	Annual dental exam (age 2 to 64 years)	\$25
	Annual preventive visit (age 18 to 64 years)	\$25
	Annual mammogram (age 40 to 64 years)	\$50
	Annual chlamydia screening³ (age 16 to 24 years)	\$25
	Annual cervical cancer screening (age 21 to 64 years)	\$25
	Colonoscopy (age 45 to 64 years) <i>claimed once every 10 years</i>	\$50

Blue AdvantageSM and MinnesotaCare 1-800-711-9862, TTY 711

Attention. If you need free help interpreting this document, call the above number.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.



or

No English?

Civil.Rights.Coord@bluecrossmn.com 1-800-711-9862, TTY 711

Discrimination is against the law. Blue Plus does not discriminate because of race, color, national origin, creed, religion, sexual orientation, public assistance status, marital status, age, disability or sex.

¹The reward may result in a taxable event for either you or your plan sponsor. Consult your tax advisor. ²Some activities require a printed voucher to be filled out and mailed in. ³A printed voucher is needed for this activity. Go to bluecrossmn.com/HealthyRewards to print your voucher. We will mail a single-use Visa rewards card for activities requiring printed vouchers within 8 weeks after we receive your completed voucher. For activities that do not require a voucher, please remember to keep your reloadable Mastercard rewards card. Future reward dollars will be added to the same card for each qualifying healthy activity you complete. You may use both the single-use Visa and reloadable Mastercard rewards cards at most locations where Visa and Mastercard is accepted. Your rewards card cannot be used for gambling or to buy alcohol, tobacco, or firearm products.



Be Rewarded™ Preventive and Well-Care Rewards

The Be Rewarded™ program offers gift card rewards to eligible South Country Health Alliance (South Country) members who complete important preventive care services on time. Find out how you can earn rewards by downloading a voucher from the list below.

- - Prenatal Care Voucher ([pdf English](#)); ([pdf Español](#))
 - Postpartum Care Voucher ([pdf English](#)); ([pdf Español](#))
 - Infant Checkups Voucher ([pdf English](#)); ([pdf Español](#))
 - Well-Child Visit Voucher ([pdf English](#)); ([pdf Español](#))
 - Child & Adolescent Well-Care Visit Voucher ([pdf English](#)); ([pdf Español](#))
 - Childhood Immunizations Voucher ([pdf English](#)); ([pdf Espanol](#))
 - Immunizations for Adolescents Voucher ([pdf English](#)); ([pdf Español](#))
 - Lead Tests Voucher ([pdf English](#)); ([pdf Español](#))
 - Chlamydia Testing Voucher ([pdf English](#)); ([pdf Español](#))
 - Preventive Dental Care Voucher *for SeniorCare Complete, MSC+, AbilityCare, SingleCare and SharedCare members only* ([pdf English](#)); ([pdf Español](#))
 - Colorectal Cancer Screening Voucher ([pdf English](#)); ([pdf Español](#))
 - Breast Cancer Screening Voucher ([pdf English](#)); ([pdf Español](#))
 - Cervical Cancer Screening Voucher ([pdf English](#)); ([pdf Español](#))
 - Diabetes Blood Glucose Test Voucher *for SeniorCare Complete, MSC+, AbilityCare, SingleCare and SharedCare members only* ([pdf English](#)); ([pdf Español](#))

Be Buckled™ Free Car Seat Program

South Country will provide one car seat per child age 8 (7 years 12 months) years and younger, per lifetime, along with training on how to safely use the car seat. Call your local county public health office to learn more

about this program and to schedule a time to receive your child's car seat and training. [View the available car seats](#) or download the brochure below. Also [Child Passenger Safety - Know the Law \(mn.gov\)](#).

Car seat choices brochure (pdf) [English](#)/[Español](#)/[Soomaali](#)

Community Education Discounts

Community Education offers classes for both children and adults. Brush up on special skills or learn a new hobby. South Country will cover up to \$15 of the registration fee for most Community Education classes (up to 5 per calendar year). Call your local Community Education office or [Member Services](#) for more information.

Early Childhood Family Education (ECFE)

South Country will cover the *entire registration fee (scholarship)* of ECFE parent/child classes for the eligible South Country members. Classes must include a parent/child component within the classroom setting during each class/event *and* target newborn to kindergarten age children. There is no annual limit to the number of ECFE classes allotted per member per year.

Not covered: classes that do not have a parent/child component in the classroom, and "Sibling Care" or similar programs offered by ECFE in which siblings of class participants receive childcare services while the parent/sibling is in class.

Find a class near you: [Early Childhood Family Education - Help Me Connect \(state.mn.us\)](#)! Use this free resource for even more ways to learn: [Follow Along Program \(state.mn.us\)](#).



CONTACT US

Member Services

Toll Free: 1-866-567-7242

TTY: 1-800-627-3529 or 711

Mon-Fri 8 a.m. to 5 p.m.

For SeniorCare Complete & AbilityCare

8 a.m. to 8 p.m., 7 days a week, October - March

8 a.m. to 8 p.m., Mon-Fri, April - September

members@mnscha.org