Staying **healthy** means earning **rewards** with our Real Solutions® Healthy Rewards program.

www.myamerigroup.com/ks
Welcome to the Healthy Rewards program. Now you can earn $10, $15 or $25 for your efforts to stay healthy.

It’s simple. Every time you complete one of the healthy activities, you’ll get dollars added to your very own Healthy Rewards card.

You can spend these Healthy Rewards dollars at retailers near you on a variety of approved items you need to stay healthy.

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### How you qualify for a reward

Check the list and see which healthy activities you qualify for:

<table>
<thead>
<tr>
<th>FOR CHILDREN</th>
<th>Reward</th>
<th>Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Well-child visits Ages 0-12 months</td>
<td>$25</td>
<td>Five visits during baby’s first year</td>
</tr>
<tr>
<td>Well-child visits Ages 5-18</td>
<td>$25</td>
<td>Once every 12 months</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOR WOMEN</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cervical cancer screenings Ages 21-64</td>
<td>$10</td>
<td>Once every 36 months</td>
</tr>
<tr>
<td>Breast cancer screenings Ages 50-74</td>
<td>$10</td>
<td>Once every 24 months</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOR PREGNANT WOMEN</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Prenatal appointments:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>First trimester</td>
<td>$20</td>
<td>Once per pregnancy</td>
</tr>
<tr>
<td>Second trimester</td>
<td>$20</td>
<td>Once per pregnancy</td>
</tr>
<tr>
<td>Third trimester</td>
<td>$20</td>
<td>Once per pregnancy</td>
</tr>
<tr>
<td>Postpartum care</td>
<td>$20</td>
<td>Once per pregnancy</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOR DIABETICS PATIENTS</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Blood sugar test (A1C)</td>
<td>$15</td>
<td>Once every 12 months</td>
</tr>
<tr>
<td>Cholesterol test (LDL)</td>
<td>$15</td>
<td>Once every 12 months</td>
</tr>
<tr>
<td>Eye exam</td>
<td>$15</td>
<td>Once every 12 months</td>
</tr>
<tr>
<td>Kidney function screening</td>
<td>$15</td>
<td>Once every 12 months</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOR MEMBERS UNDER 50</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu shot</td>
<td>$10</td>
<td>Once every 12 months</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>FOR MEMBERS 50 OR OLDER</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Flu shot</td>
<td>$25</td>
<td>Once every 12 months</td>
</tr>
</tbody>
</table>
What you need to do

Call your doctor and make an appointment. Then, get the checkup or screening and tell us you have done it.

There are four ways to tell us:

1. Log in to www.myamerigroup.com/HealthyRewards.
3. Mail the Activity Card to us.
4. Fax the Activity Card to us at 1-800-507-8575.

We will need:
1. Your name
2. Your Amerigroup ID number (on your Amerigroup ID card)
3. Your mailing address
4. Your phone number
5. Your email address
6. The date of service
7. The provider’s name
8. The activity you completed

How to use your rewards

The first time you tell us you’ve completed a healthy activity, we will put the reward into your account. We’ll mail your Healthy Rewards card after we get your request and confirm you qualify for the reward.

Keep your card. Each time you finish a new healthy activity and let us know, we will add dollars to your account. Deposits will be made after we get your request and confirm you qualify for the reward. We will also tell you when your reward is available to use.

Choose the products you’d like to buy from the full list of products in the back of this booklet. You can choose items for a variety of needs, like:
- Pain relief
- Digestive health
- Baby care
- Cold and allergy
- Deodorants
- Diabetes care
- Weight control and nutritional foods
- Elastics and athletic treatments
- Beauty care
- Eye and ear care
- Family planning
- Feminine care
- First aid
- Foot care
- Hair care
- Homeopathic kits and products
- Alternative therapy
- Shaving and men’s grooming
- Oral care
- Skin care
- Smoking deterrents
- Sun care
- Vitamins and dietary supplements
- Home health care
- Food products (limited)

Once you’ve chosen the items you’d like to buy, pay for them using your Healthy Rewards card. It works just like a bank card! If you’d like to buy items that are not on the approved list, you will have to pay for them separately.

Visit www.myamerigroup.com/HealthyRewards or call us at 1-877-868-2004 to:
- Find a retailer* near you
- Get the full list of approved items* you can buy with your rewards dollars
- Check the balance on your Healthy Rewards card
- Request a new card if yours is lost or stolen

*The lists of approved items and retailers are subject to change. For an updated list of approved items and stores, check online at www.myamerigroup.com/HealthyRewards or call us at 1-877-868-2004.
You must be enrolled in the Healthy Rewards program to receive rewards.

Rewards may only be used to buy items from the approved list at select retailers.

Rewards may not be used to buy items online.

We may verify the activities you report at any time.

All activities are subject to limitations (once per year, per pregnancy, etc.).

You must be an Amerigroup member at the time you complete the activity in order to earn a reward for it.

If you are no longer an Amerigroup member, you may use your funds for 90 days after your disenrollment.

You must tell us you’ve completed your healthy activities within 90 days after your disenrollment.

Amerigroup has the right to cancel the Healthy Rewards program at any time, with 30 days’ notice.

Approved items list
(Includes private label and generic products)

Pain Relief
- Pain relievers — Acetaminophen, Ibuprofen, aspirin and combinations
- Fever relief
- Anti-inflammatories
- Topical headache relief
- External muscle/joint pain relief patches, pads, rubs and liquids
- Sleep aids and sedatives
- Stimulants
- Motion sickness
- Restless leg treatments

Digestive health
- Antacids
- Acid controllers
- Fiber products
- Enemas
- Laxatives
- Stool softeners
- Products for lactose intolerance
- Digestive aids
- Prebiotics and probiotics
- Anti-gas products
- Hemorrhoid treatments

Baby care
- Baby food and formula
- Baby seats/car seats
- Baby clothing
- Baby towels and washcloths
- Baby health, beauty and wellness items
- Baby bath and hair care
- Electrolytes
- Baby therapeutic skin care (includes diaper rash)
- Baby oral and teething pain
- Baby bedding
- Breast pumps and nursing accessories (includes nursing pads and creams)
- Bottles, nipples, bottle accessories and kits
- Pacifiers and teething
- Feeding accessories (includes utensils, cups, bibs, etc.)
- Diapers, wipes and flushables
- Baby diaper bags, pins and pails
- Training pants and swimmers
- Overnight pants
- Baby grooming products
- Baby room and training accessories (potty seats, etc.)
- Baby safety devices
- Baby strollers, carriers, car seats and accessories
- Baby toys, playthings and gift sets

Cold and allergy
- Cough, cold and flu medications
- Cold and flu preventives/symptom reducers
- Sore throat pain relief
- Throat and cough drops
- Allergy, sinus and combinations

Deodorants
- Solids, sprays, roll-ons and gels

Diabetes care
- Blood glucose monitors
- Test strips and controls
- Lancets and lancet devices
- Blood glucose testing accessories
- Diabetes care accessories
- Alcohol swabs
- Glucose tablets, gels, etc.
- Diabetes candy, nutritional and foods
- Diabetes supplements
- Diabetes skin care
- Diabetes cough, cold and allergy
- Support socks
- Diabetes HBC and supplies
- Urine testing supplies
- Insulin
- Syringes
- Auto injectors, pens, kits, needles, etc.
- Pumps

Nasal sprays, drops and inhalers
Nasal moisturizing products and washes
Nasal strips and snore relief
Medicated lip treatments
Lip moisturizers
Asthma preparations
Vapor products (includes waterless vaporizers)
Vaporizers, humidifiers and accessories
Respiratory treatments
Weight control/nutritional foods
- Sugar and salt substitutes
- Weight-control foods, liquids, bars and powders
- Food scales
- Weight-control tablets, caps, etc.
- Nutritional liquids, powders and bars
- Sport/energy liquids, powders, tablets, caps and bars
- Diuretics
- Weight-loss cleansing and detox

Elastics/athletic treatments
- Elastic bandages
- Protective guards
- Athletic supports and cups
- Athletic tape and wraps
- Joint warmers and arthritis products
- Braces
- Hot/cold therapy
- Electric heating pads
- Abdominal supports
- Rib belts
- Hernia supports and suspensories
- Arm slings and cervical collars
- Orthopedic and surgical support
- Support hose and accessories
- Athletic support socks
- Lymphedema treatments (sleeves, socks, pumps, etc.)
- Women’s high compression support hose (full and maternity)

Eye and ear care
- Contact lens care
- Eye relief products
- Eye wash
- Eye preparations (includes sleep masks)
- Eye glass and lens accessories
- Reading glasses
- Magnifying glasses
- Ear drops and syringes
- Ear plugs
- Sunglasses

Family planning
- Female contraceptives
- Condoms
- Pregnancy kits
- Ovulation/fertility kits
- Personal lubricants

Feminine care
- Feminine pads
- Tampons
- Panty liners
- Feminine antifungal products
- Deodorants and powders
- Anti-itch products
- Feminine moisturizing products
- Douches
- Wipes and washes

First aid
- First aid kits and supplies
- Bandages and dressings
- First aid tapes and adhesives
- Antiseptics, antibiotics and medicated products (includes alcohol, peroxide, Epsom salt, etc.)
- Burn and scar treatments
- Skin protectants (includes petroleum jelly)
- Wound cleaners (includes saline)
- Lice treatments and accessories
- Anti-parasitic treatments and accessories
- Rubber gloves
- Masks (respiratory, barrier, etc.)
- Hydrocortisone products
- Anti-itch treatments

Foot care
- Foot moisturizers and exfoliators
- Foot pain relief
- Heel and arch
- Shoe insoles, inserts and cushioning
- Corn, callus and bunion pads
- Corn and callus removers
- Odor and wetness treatments
- Antifungal treatments
- Wart removers

Hair care
- Shampoos
- Conditioners
- Scalp treatments
- Hair treatments
- Styling products (mousse, gel, hairspray, pomade and wax)
- Styling aids
- Permanents and rods
- Curl kits
- Chemical relaxers
- Temporary and permanent hair color
- Hair growth products

Skin care
- Acne treatments
- Cleansers, soaps, scrubs and masks
- Moisturizers
- Medicated and specialty soaps
- Astringents, toners, pads and towelettes
- Pore strips
- Facial sponges
- Makeup removers

Alternative therapy
- Acupressure
- Aroma therapy
- Magnetic therapy
- Homeopathic remedies

Hair removal
- Razors and blade refills
- Shaving creams and aftershave
- Hair removal products
- Hair color

Oral care
- Toothpaste
- Toothbrushes
- Electric toothbrushes and refills
- Denture adhesives, cleaners and accessories
- Denture repair and pain relief
- Mouthwash
- Floss and flossers
- Gum care
- Dental gum
- Breath fresheners (includes strips)
- Therapeutic breath treatments
- Oral pain relief and mouth sores
- Dry mouth products
- Temporary dental repair
- Fluoride treatments

Skin care
- Acne treatments
- Cleansers, soaps, scrubs and masks
- Moisturizers
- Medicated and specialty soaps
- Astringents, toners, pads and towelettes
- Pore strips
- Facial sponges
- Makeup removers
Body washes and gels
Instant hand sanitizers
Cosmetic puffs and pads
Hair removal products
Body and facial waxes
Eye treatments
Lip treatments

Smoking deterrents
Nicotine patches
Nicotine gum

Sun care
Sunblock
After-sun skin care
Sunless tanning products

Travel supplies
Travel containers
Travel bags and organizers

Vitamins/dietary supplements
Multivitamins
Echinacea
Garlic
Ginkgo Biloba
Ginseng
St. John’s Wort
Herbals and botanicals
Glucosamine chondroitin
Soy
Enzymes, amino acids and hormones
Essential fatty acids (Fish oil, Flax, GLA, etc.)
Calcium
Iron
Mineral supplements

Home health care
Bathtub safety items and accessories
Toilet rails and frames
Elevated toilet seats
Grab bars
Sitz baths
Handheld showers
Apnea monitors
Thermometers, fever strips and accessories
Blood pressure kits and accessories
Home test kits
Alternating pressure pads/mattresses and pumps
Bed pads and wedges
Scales
Exercise equipment
Bedding, mattresses and mattress pads
Toilets and toilet parts
Urinals and bedpans
Patient lifting aids (includes lift chairs, trapeze bars, etc.)
Miscellaneous hospital room supplies (includes disinfectants/cleaners)
Disposable briefs, shields and undergarments
Reusable garments and underpads
Drip collectors
Deodorizers
Incontinence products
Specialized ankle, wrist and elbow supports
Specialized knee braces and immobilizers
Specialized metatarsal pads/cushions
Specialized orthopedic braces/supports
Backrests, cervical pillows, lumbar supports and posture aids
Joint warmers
Orthopedic aids
Cast boots and bandage covers
Splints and accessories (includes cushioning materials)
Traction equipment (belts, halters, overbed and overdoor)
Adhesive and adhesive removers
Irrigation products
Night drainage sets
Ostomy products
Closed-end pouches
Mini pouches
Drainable pouches
Pediatric pouches
Urostomy pouches
Patient aids for daily living
Eating and drinking aids
Grooming and dressing aids
Medical alert IDs
Medicine droppers, spoons, pill boxes, etc.
Reachers, grippers and lifts
Reading, writing and telephone aids
Mastectomy bras and clothing
Bathtub whirlpools
Steam packs and hydro-collators
Continuous passive motion machines
Foot baths
Heat lamps
Massagers and treatment tables
Physical therapy

Transport equipment and restraints
Air purifiers and filters
Aspirators and suction machines
Intermittent positive pressure breathing (IPPB), continuous positive airway pressure (CPAP) and bi-level positive airway pressure (Bi-PAP) machines
Nebulizers (includes ultra-sonics and atomizers)
Air compressors, oxygen concentrators, emergency, portable, liquid systems and tanks
Tens units
Caps and gowns
Instruments and cleaners
Irrigation trays and solutions
Collection bags, drain bags and leg bags
Walking aids and accessories
Wheelchair ramps and lifts
Wheelchairs and accessories
Power chairs
Scooters
Calcium alginate
Granules/powders
Dressings
Wound care

Food products
Dairy products
Water/vitamin water
Cereal
Juice
Granola bars
Bread
Start earning Healthy Rewards now!

Enroll in our Healthy Rewards program today to start getting dollars for getting healthy. For more information, call 1-877-868-2004 (TTY 711) or visit us online at www.myamerigroup.com/HealthyRewards.