

Comprehensive Health Assessment

Have You Had Your No-Cost Comprehensive Healthcare Assessment Yet?

AdventHealth Advantage Plans wants our Medicare members to stay healthy. That's why we've partnered with your physician to offer you a free Comprehensive Health Assessment.

What is a Comprehensive Health Assessment?

An in-depth review of all aspects of your medical history. Here's how a Comprehensive Health Assessment can benefit you.

No additional cost to you

In-depth review of all your medications

Prior and current health issues

Potential health risks

Exam can be held in the provider's office or in your own home

All information will be sent to your physician

Earn a \$50 gift card for completing annually

Redeem your gift card through CaféWell, see reverse side for more information

To schedule your exam or for more information, call 1-844-522-5280, Monday through Friday, 8 am to 6 pm.

Exam is completely voluntary and will not affect your healthcare coverage. Available to AdventHealth Advantage Plans members only.



AdventHealth Advantage Plans is administered by Health First Health Plans. Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. Y0089_MPINFO8713AH_C(09/2020)

What is CaféWell®?

CaféWell® is a personalized program that works to keep you focused on maintaining wellness and health, offering tools and resources to support your unique wellness needs. This program spotlights preventive screenings and allows you to get rewards, in the form of gift cards for continuing to focus on your health.

Rewards can be earned by completing the following:

An in-depth review of all aspects of your medical history. Here's how a Comprehensive Health Assessment can benefit you.

- Comprehensive Health Assessment (CHA)
- Flu shot
- Diabetic Screenings (if applicable):
 - Diabetic Retinopathy Exam
 - Diabetic A1C
 - Diabetic Nephropathy
 - Extra for completing the above 3
- Colorectal screening
- Mammogram



Discuss these screenings with your provider to determine which are right for you.

As you complete rewardable programs, your rewards will add up. You can review them in your CaféWell® rewards dashboard. When you are ready to cash in the rewards you have earned, redeem them in the CaféWell® marketplace for gift cards to your favorite retailers, including:

Amazon ■ Darden Restaurants Includes: Bahama Breeze, Olive Garden, Longhorn, Seasons 52, Yard House, Cheddar's ■ Panera Bread ■ Publix ■ Target ■ TJ. Maxx/HomeGoods ■ Walgreens ■ Walmart

Visit your Member Portal at myAHplan.com/welcome. Select CaféWell®, then click on Rewards.

You can also call Customer Service at 1-877-535-8278 (TTY/TDD 1-800-955-8771) Monday through Friday, 8 am to 8 pm and Saturday, 8 am to noon. From October 1 through March 31, we're available seven days a week from 8 am to 8 pm.