



Earn rewards for healthy behaviors

If you and your family are Tufts Health Direct members, you can earn these rewards for getting services that help you stay healthy.

After you complete a healthy behavior, follow these steps to request your reward:

1. Make sure you are a Tufts Health Direct member when you receive services.
2. Fill out the Member Information section of this form.
 - If you are filling out the form for a child, use the child’s name and Tufts Health Plan Member ID #.
 - Fill out one form for each member.
3. Mail or fax us the completed form.

We will begin processing your request when we receive the completed form. You should get your reward 6–8 weeks later.

EXTRAS may change. Please visit tuftshealthplan.com/directextras for the most up-to-date EXTRAS and eligibility information.

Today’s date ___/___/___

Member Information

Name _____
 Tufts Member ID # _____
 Address _____
 City _____ State _____
 ZIP _____
 Phone _____ - _____ - _____ Email _____

Healthy Service Received	Date of Service
<input type="checkbox"/> Yearly checkup – \$25 supermarket gift card	___/___/___
<input type="checkbox"/> Diabetes screenings	___/___/___

Members, please mail this form to:

Tufts Health Plan
 Attn: Claims Department
 P.O. Box 524
 Canton, MA 02021
Or fax to: 857.304.6300

Questions? Call us at 888.257.1985
Monday–Friday, 8 a.m.–5 p.m.

Healthy Behavior	Eligible Members	Reward
Yearly checkup Members can earn a \$25 supermarket gift card for having a yearly checkup.	All members	\$25 supermarket gift card
Diabetes screenings Complete 5 routine diabetes screenings in 1 calendar year: 1 eye exam, 2 blood sugar (HbA1c) tests, 1 protein test and 1 cholesterol (LDL) test	Those with diabetes	\$25 supermarket gift card