



**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](http://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 <b>OR</b> <input type="checkbox"/> Yearly checkup – fitness band	___/___/___
<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
<b>Yearly checkup</b> Members can get one fitness band during their membership. They can earn a \$25 supermarket gift card for having a yearly checkup all other years.	All members	\$25 supermarket gift card <b>OR</b> fitness band
<b>Diabetes screenings</b> 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