



## Independent Health's Health Extras<sup>SM</sup> Benefit

With Health Extras, you'll receive a \$250 prepaid MasterCard® to use toward a variety of health and wellness services – fitness club memberships, afterschool activity programs, nutritional counseling, acupuncture, massage therapy, vitamins/supplements and more – for yourself and a spouse or dependents enrolled under your plan.

### HOW TO ENROLL

If you choose this fitness benefit, you and your covered spouse (if applicable) are encouraged to complete a FitWorks® Well-Being Assessment. Access FitWorks by visiting **[independenthealth.com](http://independenthealth.com)** and selecting "Log In" in the upper left-hand corner of the screen. (If you do not have an account already, you'll need to select "Register" and set up a member account.) You'll find FitWorks under the "Tools" tab.

### HOW IT WORKS

- Upon enrollment, you'll receive your Health Extras prepaid MasterCard® in the mail. Be sure to visit **[independenthealth.com/healthextraslist](http://independenthealth.com/healthextraslist)** to view the current list of participating vendors.
- Your card balance will remain available through your employer's annual renewal or the term of your plan with Independent Health.

### You Deserve More

At Independent Health, we work hard to provide you with value-added benefits that fit your needs. Through benefits like Health Extras, we help make it easier to achieve your personal health and wellness goals, while also helping to ensure you get the greatest value for your health care dollar.

### We are here to help you!

If you have any questions, call us at (716) 631-8701 or 1-800-501-3439, or visit us online at **[independenthealth.com](http://independenthealth.com)**.

#### Prospective Members – Sales

(716) 631-5392 or 1-800-453-1910

#### Current Members

(716) 631-8701 or 1-800-501-3439

