



# TAKE CARE OF YOUR HEALTH AND EARN GIFT CARDS

**PHP WILL GIVE YOU GIFT CARDS FOR GETTING IMPORTANT HEALTH CHECKUPS. EARN AMAZON GIFT CARDS FOR TAKING CARE OF YOUR HEALTH. SEE THE ACTIVITIES BELOW TO LEARN MORE.**

## **Colorectal Cancer Screening (ages 45–75)**

*Two Options:*

- Colonoscopy \$100 Gift Card
  - Done by a doctor using a camera to check your colon (every 10 years)
- Cologuard \$40 Gift Card
  - Done at home with a kit you mail to the lab (every 3 years)
  - Limit: One gift card per colorectal cancer screening when you are due.

## **Breast Cancer Screening (Ages 50–74, Women)**

- Mammogram \$100 Gift Card
  - Done with an X-ray of the breast to find cancer early (every 2 years)
  - Limit: One gift card per mammogram cancer screening when you are due.

## **Diabetic Retinal Eye Exam (ages 18–75)**

- \$20 Gift Card
  - Done at a quick visit to check your eyes for diabetes damage (every year)
  - Limit: One gift card per year.

## **HIV Follow-Up Visit**

- Member Primary Care Visit \$100 Gift Card
  - Done by your doctor to support your HIV health and wellness (every 6 months)
  - Limit: Up to 2 gift cards per year.
- Health Risk Assessment \$20 Gift Card
  - Complete the survey by phone or mail back the completed form.
  - Limit: One gift card per year.

## **YOUR HEALTH IS OUR MISSION**

**PLEASE ALLOW 1-2 WEEKS TO RECEIVE YOUR AMAZON E-GIFT CARD, AFTER YOUR TEST COMPLETION IS VERIFIED IN YOUR MEDICAL RECORD.**

**FOR HELP, CALL MEMBER SERVICES AT 1-800-263-0067 MONDAY THROUGH FRIDAY, 8 A.M. TO 8 P.M. TTY 711**

### **Important Information About Gift Cards**

Please check your mailing address, email, and phone number before delivery. Once a gift card is sent, the address or email cannot be changed. Lost or discarded gift cards cannot be replaced. Some gift cards are not offered every year. If you received a gift card in 2025 for a non-yearly service, you may not be eligible again in 2026.

## **HOW IT WORKS**

Complete by December 31, 2026

Call Member Services or your Care Coordinator to find out what health checkups you need.

Ask for help make your appointments.

Ask Member Services or Care Coordinator to complete form online.