



Your plan offers the choice between two benefit options*:

Independent Health's Nutrition Benefit

Earn up to \$500 as an individual or \$1,000 as a family each year for buying fresh fruits and vegetables at TOPS Friendly Markets.

HOW IT WORKS:

- Enter your TOPS BonusPlus® or BonusCard number during registration. If you do not have one, free applications are available at the Customer Service Center of your local TOPS. Use this card with your next in-store purchase to activate your account in the TOPS system.
- Once registered, we will contact you within 10 business days to confirm if your enrollment was successful or if we need more information.
- For every \$2 you spend on fresh produce, you'll receive a \$1 credit toward a quarterly Nutrition Rewards card.** Be sure to present your TOPS BonusPlus® or BonusCard with every purchase.
- Your rewards card can be used on future in-store grocery purchases at TOPS (excluding tobacco products).
- Nutrition Rewards cards are mailed quarterly.
- Log in to your Independent Health account to track your rewards and see when we've mailed your rewards card. Your cumulative earned rewards will also be displayed at the bottom of your TOPS receipt, online at TopsMarkets.com or through the BonusPlus® app for your smartphone.
- For more information on the nutrition benefit, visit independenthealth.com/nutrition.

OR

Independent Health's Health ExtrasSM Benefit

Receive a \$250 prepaid debit card that you, your spouse and any dependents enrolled in your plan can use to get and stay healthy.

HOW IT WORKS:

- Once registered, you will receive your \$250 Health Extras debit card in the mail within approximately three weeks.
- You can use your card immediately on a variety of health and wellness goods and services:
 - Acupuncture
 - Adult Fitness Classes
 - Community Partners
 - Fitness Center Membership
 - Instructional Sports
 - Massage Therapy
 - Prepared Meals
 - Specialty Bicycle Shops
 - Vitamins & Herbs
 - Weight Loss Programs
- Your card balance will remain available through your annual renewal or through the term of your plan with Independent Health.
- Be sure to use your \$250 by the end of your plan year, as unused funds will NOT roll over.
- You can get reimbursed for eligible services when you weren't able to use your Health Extras card.
- Reimbursement forms, vendor listings and other information on Health Extras can be found online at independenthealth.com/healthextras.
- Log in to your member account to track your balance, view transactions, see how many days are left to spend any remaining dollars, and more!

HOW TO REGISTER:

1. Visit independenthealth.com to log in or register for an account when your health plan coverage begins.
2. Make your benefit selection when prompted by the registration screen. You will have the option to go back and re-select either the nutrition benefit or Health Extras benefit during the registration process. Once complete, you will not be able to change your selection during your plan year.

We are here to help you! If you have questions, please call us at (716) 631-8701 or 1-800-501-3439, Monday – Friday, 8 a.m. – 8 p.m.

You Deserve the RedShirt Treatment.®



* Available on select Independent Health plans. Excludes Medicare Advantage plans. Benefits vary by plan.
 ** \$2 in fresh produce must be purchased in a single transaction. \$2 in fresh produce spending is calculated after all store discounts have been subtracted for your order. Canned or frozen fruits and vegetables are excluded. Money back is in the form of store credit for future purchases. Verbal translation, alternate formats of written materials, and/or assistance for those with special needs, may be available upon request. Traducción verbal, formatos alternativos de materiales escritos y/o asistencia para quienes tienen necesidades especiales, disponibles a solicitud.
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