



P.O. Box 64560  
St. Paul, MN 55164-0560

<FirstName><LastName>  
<Street Address1>  
<Street Address2>  
<City>, <State> <Zip Code>  
<USPS Barcode>

### Take charge of your health

Complete a Wellness Visit.

Call today:

**1-844-226-8218 (TTY 711)**

Dear <First name>,

We believe good health starts in the home. That's why Blue Cross and Blue Shield of Minnesota and Blue Plus (Blue Plus) has partnered with Signify Health to provide you with an annual In-Home Wellness Visit. This complimentary visit helps ensure you enjoy more healthy days at home.

Blue Plus provides this important benefit to help you better manage your ongoing health and wellness at home — with no extra cost or hidden fees. During your hour-long visit, a highly trained clinician will check your blood pressure, heart rate, reflexes; review your medications; check for safety risks; discuss your medical history; and answer any health questions you may have.

Here's why SecureBlue<sup>SM</sup> (HMO SNP) members have enjoyed In-Home Wellness Visits by Signify Health:

- **Helpful.** Get valuable health information that helps you and your doctor make informed decisions.
- **Convenient.** We will come to you. No travel time. No waiting rooms.
- **Personal.** Enjoy an hour of one-on-one time with a licensed clinician in the comfort of your home.

A Signify Health scheduling coordinator will contact you soon to schedule your Wellness Visit.

If you'd like to schedule your visit right away, call toll-free **1-844-226-8218 (TTY 711)**, Monday through Friday, 7 a.m. to 7 p.m. Central Time.

Or, visit **[schedule.signifyhealth.com](https://schedule.signifyhealth.com)** to request your appointment today.

Scan this code to request an appointment



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Blue Cross<sup>®</sup> and Blue Shield<sup>®</sup> of Minnesota and Blue Plus<sup>®</sup> are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

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We now offer telehealth options. You can schedule a virtual visit and speak to a clinician through a video call using a computer, tablet, or smartphone with Internet access. Let our scheduling coordinators know if you prefer a Virtual Wellness Visit.

For more information about the Wellness Visit by Signify Health, visit [SignifyCares.com](https://SignifyCares.com).

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.

Signify Health is an independent company providing the Wellness Visit service.

SecureBlue<sup>SM</sup> (HMO SNP) is a health plan that contracts with both Medicare and the Minnesota Medical Assistance (Medicaid) program to provide benefits of both programs to enrollees. Enrollment in SecureBlue<sup>SM</sup> depends on contract renewal.

SAMPLE

