



Wellness

- **\$75 My Health Pays Visa® Rewards Card** for completing healthy activities for all members
- **WeightWatchers® Program** for members aged 18+ who meet BMI requirements*
- **YMCA Diabetes Prevention Program** for members aged 18+ who meet eligibility*
- **\$120 CVS® Over-the-Counter Pharmacy** allowance for all member households
- **\$120 My Healthy Balance Visa® Food Rewards Card** for eligible members*
- **\$100 My Health Pays® Rewards** to members who complete two Tribal Talking Circles, for Native American members only
- **One-on-one health and wellness coaching** to help manage certain health conditions
- **Personalized nutritional counseling** through care management to help meet nutrition goals
- **YMCA Blood Pressure Self-Monitoring Program** for members ages 18+ who meet eligibility*



Youth

- **\$150 Youth Development Voucher** for members aged 4-18 years



Education

- **12 hours of online math and/or reading** online tutoring for members enrolled in K-6th grade
- **\$50 school supplies** for members enrolled in K-12th grade
- **Book Club Program** for members in K-6th grade
- **GED® Testing and Support** for members aged 16+*



Asthma

- **Room to Breathe Asthma Program** with up to \$150 supplies*



Transportation

- **Transportation** for qualified members to WIC appointments, pharmacy, and Diabetic Education classes



Connections Plus

- **250 minutes a month*** for calls, texts, and high-speed data for health care, family and 911 for members enrolled in Care Management



Prenatal

- **\$150 New Parent's Package** (choice of car seat or a pack 'n play)*
- **Online virtual doula/** breastfeeding services
- **Electronic breast pump**
- **Local community baby showers** for pregnant members and new parents with information sessions, games and prizes
- **Start Smart for Baby®** education program with online resources and tools for parents/family
- **Care management services** for members with high-risk pregnancy*



Behavioral health

- **Mental Health Support** by Teladoc Health® digital mobile app program for members 18+



Other

- **Up to \$250 Care Grant** for members enrolled in Care Management to support housing, post-hospitalization meal delivery, natural healing*
- **Telemedicine with 24-hour access** to providers for non-emergency health issues for members aged 18+
- **\$125 Vision Credit** for select prescription eyeglass frames and lenses for members aged 21+*
- **Quit for Life®** tobacco cessation program
- **Hearing aids** for members aged 21+
- **Chiropractor** services with a doctor referral
- Community Health Worker support for **scheduling PCP appointments, food insecurity and transportation.**
- **Free routine circumcision** for members 29 days-6 months old
- **Diabetic foot care** with nail clipping and calluses
- **Free flu and pertussis vaccines** for caregivers



For more information about Value-Added Services, please scan this QR code or visit www.carolinacompletehealth.com/vas.