

Save money



Your health and budget matter to us at Sentara Medicare.

That's why you get money-saving benefits from a Sentara Medicare dual-eligible special needs plan (D-SNP), like a prepaid flex card loaded with a grocery allowance¹ of up to \$350 per month and healthy rewards of up to \$275 per year. Together, they total up to \$4,475 per year and are conveniently placed on the same card.

Enroll in a Sentara Medicare D-SNP and get these extra benefits and features at no extra cost:

- Prescription drug coverage
- \$0 and copays
- Care coordination
- Over-the-counter products allowance – up to \$200 per quarter (\$800 per year)
- Dental allowance – up to \$4,000 per year
- Vision allowance for lenses and frames – up to \$400 per year
- Hearing aid allowance – up to one set per year
- SilverSneakers® membership

You can also earn rewards to use toward everyday expenses like utilities and phone bills.

With a Sentara Medicare D-SNP, you're more than a number to us. The best part of our plan... is you.

Ready to learn more?

Contact a Licensed Plan Advisor:

Name:

Phone:

Hours:

Email:

Or visit [sentaramedicare.com/dsnp](https://www.sentaramedicare.com/dsnp)

Savings made simple with a flex card

The grocery allowance and Healthy Rewards Program² are offered as two separate programs on the same card. Members can pay for eligible items with their funds through one card.

As members acquire more funds through the monthly grocery allowance and any Healthy Rewards earned, the money will be added to their flex card. They can keep using the same card all year.



Grocery allowance

Members with a qualifying chronic condition receive a grocery allowance through NationsBenefits[®] to use toward thousands of healthy options, using a prepaid flex card.



Healthy Rewards Program

You can earn up to \$275 in rewards for completing certain screenings and exams. Then pay for eligible items with your earned funds through one centralized card.

Here's the breakdown:

Preventive screening, exam, or vaccine	Reward	Who is eligible?
Annual wellness visit	\$100	All members
Annual physical exam ³	\$20 when combined with your Annual wellness visit	All members
Breast cancer screening	\$20	All members
Colorectal cancer screening	\$20	All members
Covid vaccine	\$10	All members
Diabetic A1c test	\$15	All members with diabetes
Diabetic eye exam	\$20	All members with diabetes
Diabetic kidney test	\$10	All members with diabetes
Fall risk assessment	\$15	All members
Flu vaccine	\$10	All members
In-home assessment	\$25	All members
RSV vaccine	\$10	All members

¹Members with chronic condition(s) that meet certain criteria may be eligible for this special supplemental benefit. ²Rewards cannot be used to buy tobacco or alcohol. Rewards cannot be converted to cash. You can only receive one reward per applicable service per plan year. ³Combine your annual wellness visit with your annual physical exam to earn an extra \$20 to total \$120 for this reward. Sentara Medicare is an HMO Dual Eligible Special Needs Plan (HMO D-SNP) that has contracts with Medicare and the Virginia Department of Medical Assistance Services' Medicaid program. "Cardinal Care" is the brand name of Virginia Medicaid.