My Wellness Passport

RegalMed.com | LakesideMed.com | ADOC.us

Your passport on the journey to reaching your health goals

My Wellness Passport can help map your health goals in a fun and rewarding way. Use it to track your overall wellness, keep important health information in one convenient place, and get you on the path to feeling your best!

Rewarded activities are on pages 3-4. The more steps you take, the more rewards you can receive (up to $290 in e-giftcards). Please note that you may not be eligible for all rewards.

You have one year from your enrollment date to complete the rewarded health activities. Rewards must be requested within 60 days of your first-year anniversary.

Get Rewarded For Self-Care

Take the first step toward a healthier you by subscribing to our monthly newsletter at

RegalMed.com/MyWellnessPassport

You will receive our monthly newsletter on health-related info and community events, and get a $25 e-giftcard!

For more information about this program, call the Senior Member Concierge at (818) 357-5000 (option 1, then option 6) or email MyWellnessPassport@regalmed.com.

Regal Rewards

Primary Health Activity	Regal Rewards	Date Completed	Location
Receive monthly newsletter on health-related info and community events	$25		
Get annual flu vaccination	$25		
Get COVID-19 vaccination/ booster	$25		
Attend new member orientation to learn about the health-related services and programs available to you	$20		
Participate in Health Ed/ fitness class	$20 (2 x $10)		

Use these tables to track your progress and take control of your health. The more health activities you complete, the more current you'll be on your annual exams and screenings, as well as your vaccines and boosters. We believe prevention is key to good health!

The annual total for all rewarded activities equals up to $290 maximum in e-giftcards. No more than one reward for each activity can be earned in a calendar year (unless otherwise noted).

Clinical/Quality*	Regal Rewards	Date Completed	Location
Annual wellness exam	$25		
Home visit evaluation	$50		
Bone density screening	$25		
Breast cancer screening/ mammogram	$25		
Colorectal cancer screening	$25		
Three diabetes measures • Diabetes care (ongoing) - HbA1c test • Diabetic kidney function test • Diabetic eye exam	$25		

*Eligibility to receive rewards for the Clinical/Quality health activities, including home visit evaluation, will depend upon your health status, demographics, and medical history and therefore may not be applicable or available to you. You will be notified by mail which of these incentives you will be eligible for, and upon completing the specified Clinical/Quality actions, you will received these rewards separately (from the Primary Health Activities you complete and qualify for the specified Regal Reward).

How to Redeem Regal Rewards

1. Complete a rewarded health activity listed on pages 3.
2. Submit proof of completed activity by one of the following methods:
   - **Online: RegalMed.com/MyWellnessPassport**
   - **Telephone:** Senior Member Concierge at (818) 357-5000 (option 1, then option 6)
   - **Email: MyWellnessPassport@regalmed.com** (vaccination/booster reward: attach photo proof of vaccination)
3. Once your membership and activity is verified, you will receive an e-giftcard in the reward amount.*
4. Visit **RegalMed.com/MyWellnessPassport** to subscribe to our monthly newsletter on health-related info and events. You'll also get a $25 e-giftcard.

*If you're unable to receive electronic giftcards, call the Senior Member Concierge.

What preventive services are right for you?

Preventive care and staying on top of your health are important to healthy aging. Medicare provides preventive services that include, but are not limited to:

- Alcohol misuse screening and counseling
- Cardiovascular disease screening
- Cervical and vaginal cancer screening
- Depression screening
- Diabetes screening and self-management training
- Medical nutrition therapy
- Obesity screening and counseling
- Smoking and tobacco use cessation counseling

It is important to talk to your doctor about what screenings and services are right for you. For a full list of Medicare preventive services and coverage details, visit **Medicare.gov.**

Personal Information

Name: _____

_____

Health plan: _____

Member ID: _____

Allergies: _____

Surgeries: _____

_____

Family health history: _____

_____

_____

■ Emergency contact

Name: _____

Relationship: _____

Phone: _____

■ Primary care physician

Name: _____

Phone: _____

■ Specialists

Specialist 1 Name: _____

Specialty: _____

Phone: _____

Specialist 2 Name: _____

Specialty: _____

Phone: _____

Specialist 3 Name: _____

Specialty: _____

Phone: _____

■ Pharmacy

Name: _____

Phone: _____

Visit Tracker

Use this table to help manage your doctor appointments and keep track of your progress on the path to feeling your best.

Date	Dr. Name and Specialty	Blood Pressure	Notes	Next Appt.

My Medication List

List medications you currently take and their dose, check correct box to indicate when to take it, and write any notes (e.g., take with food, side effects, duration of time).

Medication name	Dose	When to Take				Notes
		A.M.	Noon	P.M.	Bedtime	

Right Care, Right Place

Urgent Care

Visit an urgent care center for any non-life-threatening illnesses or injuries that can't wait for a doctor's appointment.

To locate an urgent care center near you, scan this QR code:

Emergency Room

Visit an emergency room for any life-threatening illnesses or injuries.

Benefits of an urgent care center

- Lower out-of-pocket costs
- Extended hours including weekends
- Shorter wait times than ER

Quest Diagnostics®

Most laboratory tests are done by our partner, Quest Diagnostics. Download the Quest app using the QR code to the right. Create an account to schedule and see your results.

Your opinion counts

You may receive a survey by mail asking for your feedback about your healthcare experience. Your opinion counts, and we encourage you to participate.

Follow us at: