

The company complies with applicable state laws and federal civil rights laws and does not discriminate, exclude people, or treat them differently on the basis of race, color, national origin, ethnic group identification, medical condition, genetic information, ancestry, religion, sex, marital status, gender, gender identity, sexual orientation, age, mental disability, or physical disability. La compañía cumple con las leyes de derechos civiles federales y estatales aplicables, y no discrimina, ni excluye ni trata de manera diferente a las personas por su raza, color, país de origen, identificación con determinado grupo étnico, condición médica, información genética, ascendencia, religión, sexo, estado civil, género, identidad de género, orientación sexual, edad, ni discapacidad física ni mental. 本公司遵守適用的州法律和聯邦民權法律，並且不會以種族、膚色、原國籍、族群認同、醫療狀況、遺傳資訊、血統、宗教、性別、婚姻狀況、性取向、年齡、精神殘疾或身體殘疾而進行歧視、排斥或區別對待他人。

**Nondiscrimination Notice**

For assistance in English at no cost, call (866) 346-7198. Para obtener asistencia en español sin cargo, llame al (866) 346-7198. 如果需要中文的免費幫助，請撥打這個號碼 (866) 346-7198.

**Language Assistance Notice**

Altas is an independent affiliate of Blue Shield of California and is contracted to provide in-home and virtual care services through subcontracted professional entities.

Altas is an independent affiliate of Blue Shield of California and is contracted to provide in-home and virtual care services through subcontracted member engagement services to close gaps in care.

Registration is required to participate. Visit [healthypointunities.healthtime.com](https://healthypointunities.healthtime.com) to register and see what activities earn a gift card. The total amount of the gift card and qualifying health actions are dependent on eligibility for specific activities, which will vary by individual. Members may not qualify for all health activities. One gift card per healthy activity per year. Dates of service must occur prior to December 31, 2024. The gift card will be administered after a member completes self-attestation. Activities that qualify for a gift card are subject to change. Blue Shield reserves the right to terminate this program at any time without notice. If you have other questions, please call Healthy Opportunities Customer Service at (866) 243-3795 (TTY: 711), 7 a.m. to 7:30 p.m. PST, Monday through Friday, excluding holidays. Healthtime Services Inc. is independent of Blue Shield of California and is contracted by Blue Shield to deliver



Complete your annual wellness visit and get a \$50 gift card



# Take advantage of this offer to check in on your health

Blue Shield of California has teamed up with our affiliate Altais® to help you schedule and complete your annual wellness visit. During this visit, your provider can perform an in-depth evaluation of your overall health, help identify any areas of concern, review medications, and offer steps to improve your health. **Upon completion, you will receive a \$50 gift card.\***

## Schedule your appointment today



Scan the QR code with your smartphone, or visit [altais.com/blueshieldcaAHA](https://altais.com/blueshieldcaAHA)

Or, call | Llame al | 電話  
**(415) 839-6900 (TTY: 711)**  
8 a.m. to 7 p.m., Monday through Friday

## Convenient telehealth and in-home appointments



Most visits can be completed via a virtual or telehealth visit.



Many visits can be completed by a healthcare provider in your home.

## What happens during your annual wellness visit?

- Receive personalized recommendations for screening tests and preventive treatments.
- Learn about services that can help you stay well and improve your health.
- Get coordinated care. Altais will share your visit results with you and your primary care provider.



\* Your \$50 gift card will be available 30 to 60 days after your visit. You will receive mailed instructions to register and redeem your reward at [healthyopportunities.healthmine.com](https://healthyopportunities.healthmine.com).