

INDEPENDENT HEALTH'S RedShirt RewardsSM

Earn Up to \$30 in Rewards



It pays to get and stay healthy. Activate your RedShirt Rewards by logging in to your MyIH account through the MyIH app or at MyIH.com.

For those who already stay up to date on health activities that can help you stay healthy, feel better about yourself and increase your odds of living longer, we think you deserve a reward! And for those who need a little extra motivation to engage in the health and wellness services you and your doctor know can help you stay healthy, we're here to help you!

The **Independent Health RedShirt Rewards** program provides incentives just for completing actions that can help you manage your health and wellness.

Earn a \$10 RedShirt Reward* for each eligible action — up to \$30 each plan year!**

- Annual Checkup
- Flu Shot[†]
- COVID-19*** Vaccine/Booster[†]
- Breast Cancer Screening
- Colon Cancer Screening
- Prediabetes — Enrollment in a Diabetes Prevention Program
- Diabetes Care — Diabetic Retinal Eye Exam
- Diabetes Care — A1C Test
- Statin Medication Received (for people with heart disease or diabetes)[†]

Make it a family affair, because each member in your plan 18 years of age and older (subscriber, spouse and dependents) is eligible to earn their own rewards just for completing healthy actions right for them.





How It Works

1. **Activate RedShirt Rewards each plan year** through your MyIH account. You'll need to activate the program each new plan year, even if you have previously participated.
2. **Complete an eligible action** listed above.
3. **Choose a reward.** Look for the RedShirt Rewards message with a gift card redemption link in your MyIH account. Use the link to choose a gift card from a wide range of participating retailers, including Amazon.com, Nike, Target and more!
4. **Please note:** Your gift card redemption link will expire 90 days after being issued and you will forfeit your reward if you have not selected a gift card. Once you choose a gift card, the gift card itself does not expire.



Start Earning Your Rewards Today!

- Download: **MyIH app** or
- Log In: **MyIH.com**

Questions?

Contact Member Services

(716) 631-8701

1-800-501-3439 (TTY: 711)

memberservice@servicing.independenthealth.com



Get Started!

Scan to download the MyIH app.

It's all part of the RedShirt® Treatment.



* Rewards will be issued when Independent Health receives notification of a claim for each service, which may take up to 90 days for a provider to submit the claim(s).

** \$30.00 limit per eligible member per plan year.

*** Members are eligible for one COVID-19 vaccine/booster per plan year.

† For members who do not have pharmacy coverage through Independent Health or Pharmacy Benefit Dimensions, these actions must be provided in a medical facility, such as a doctor's office, hospital or urgent care center. Pharmacies or community centers do not qualify.

Restrictions apply. See amazon.com/gc-legal.

Target and the Bullseye Design are registered trademarks of Target Brands, Inc. Terms and conditions are applied to gift cards.

Target is not a participating partner in or sponsor of this offer.

The Swoosh design is a registered trademark of NIKE. All rights reserved. NIKE is not a participant in or sponsor of this promotion.

©2025 Independent Health Association, Inc. IH35451