



Health Risk Assessment

A Health Risk Assessment is an important part of your health care. Your answers to the questions about your health will help us better understand your needs.

Get a
\$25
health reward
for completing
your Health Risk
Assessment!

How to qualify for the health reward:

1

You must be an eligible CalOptima Health OneCare Complete (HMO D-SNP), a Medicare Medi-Cal Plan, member.

2

Complete your Health Risk Assessment between January 1, 2026, and December 1, 2026.

3

CalOptima Health will take care of the rest.
There is NO form to submit!



Interested in completing your Health Risk Assessment? Scan the QR code or call our Case Management team at **1-714-246-8850**, Monday through Friday, 8 a.m. to 5 p.m.

Once you complete your Health Risk Assessment, your \$25 health reward will be added to your CalOptima Health OneCare flex card within 30 business days. This program may change or end at any time without notice.

If you have any questions, call CalOptima Health OneCare Customer Service toll-free at **1-877-412-2734** (TTY **711**) 24 hours a day, 7 days a week. We have staff who speak your language. Visit us at **www.caloptima.org/HealthRewards** for more information about this health reward.

Disclaimer: As of 1/1/2026, you must meet **all** health reward eligibility requirements to qualify for your reward. Your reward may take up to 30 business days to process and be loaded to your flex card after you complete the assessment. Rewards cannot be used to buy alcohol, tobacco, firearms, gift cards, or lottery tickets. Each health reward may be earned once per calendar year, while funds last. The program may change or end without notice.

CalOptima Health OneCare (HMO D-SNP), a Medicare Medi-Cal Plan, is a Medicare Advantage organization with Medicare and Medi-Cal contracts. Enrollment in CalOptima Health OneCare depends on contract renewal. Call CalOptima Health OneCare Customer Service toll-free at **1-877-412-2734** (TTY 711), 24 hours a day, 7 days a week. Visit us at **www.caloptima.org/OneCare**.