

# Gift card redemption instructions

Choose which activity to complete, in any order you wish. Each activity is color-coded and consists of a health form and a gift card reward request form. Choose from a wide selection of gift card brands and whether you prefer a physical card mailed or an e-card/e-code emailed to you.

## To earn a reward:



Mail the completed, color-coded health form and gift card reward form in one of the provided envelopes.



We'll process your gift card order. Your order will arrive from NGC - National Gift Card.



Repeat this process for all three activities to earn \$250 in rewards.

\$75  
reward



+

\$75  
reward



+

\$100  
reward



=

\$250 in  
rewards!

## Questions?

Contact For Your Health by phone at 1-888-280-8737 (TTY: 711), 9 a.m. to 5 p.m. Monday - Friday or by email at [wellness@lassohealthcare.com](mailto:wellness@lassohealthcare.com).

For Your Health incentive program subject to change. Gift card requests will be processed within 3 business days after receipt. Please allow up to 21 business days to receive a physical card via mail. Lasso Healthcare is an MSA plan with a Medicare contract. Enrollment in Lasso Healthcare depends on a contract renewal.