

# Buckeye helps you live HEART-HEALTHY

Heart disease is the number one killer in Ohio and in the nation. But, according to the American Heart Association, **80 percent** of cardiovascular disease, including heart disease and stroke, is preventable. As your guide to better health, Buckeye Health Plan helps you learn how to take steps to live heart healthy.



Know your risks



Get your annual well-check



Earn rewards!

## Take control of your heart health

Knowing your risks and making heart healthy decisions can help prevent the disease. **One in 5 people don't know they have high blood pressure.** And high cholesterol doubles the risk of heart disease and heart attack. Stay up-to-date on your annual well checks to monitor and address these risk factors.

Buckeye members get medical care at no cost to them. And members earn **\$75 in My Health Pays<sup>®</sup>** rewards for completing an annual well visit to remain heart healthy. You can spend rewards on items at Walmart<sup>®</sup> and Sam's Club<sup>®</sup> or on rent, utilities and more.\*

GET \$75



buckeye  
health plan<sup>®</sup>

## Buckeye makes it easy to make and keep your appointment with:

- Access to quality medical care at no cost to you. Need help finding a doctor? Use Buckeye's "Find a Provider" tool on **BuckeyeHealthPlan.com** or call 1-866-246-4358.
- No-cost transportation to and from doctor's appointments. Call **866-531-0615** at least 48 hours in advance to schedule.
- Extra support through care management services.

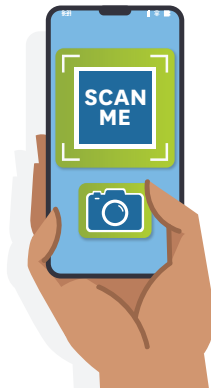


Get connected to Buckeye Member Services and resources at **BuckeyeHealthPlan.com**

*\*This card is issued by The Bancorp Bank pursuant to a license from Visa U.S.A. Inc. The Bancorp Bank; Member FDIC. Card cannot be used everywhere Visa debit cards are accepted. See Cardholder Agreement for complete usage restrictions. This card may not be used to buy alcohol, tobacco, or firearms products.*



**SCAN TO  
LEARN MORE!**



## Contact Us

*We can help if you have questions about your health plan or benefits.*

Call Member Services with questions related to your benefits, services and claims: 1-866-246-4358 (TTY:711)

Call our 24/7 nurse advice line for answers to your health questions: 1-866-246-4358 (TTY:711)

Get detailed information at **BuckeyeHealthPlan.com**



Get health tips and information on Twitter and Facebook

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t [twitter.com/Buckeye\\_Health](https://twitter.com/Buckeye_Health)

