

# Independent Health's Health Extras<sup>SM</sup>

With our Health Extras benefit, you'll receive a prepaid debit card to use toward a variety of health and wellness goods and services that you, your spouse, and any dependents enrolled in your plan can use to get and stay healthy, no matter what your goals are.

## How it Works

- [Log in](#) to your secure member account to check if your plan includes the Health Extras benefit.
- If your plan includes Health Extras, an online registration screen will automatically guide you through the registration process.
  - If the online registration process doesn't automatically begin, you may be required to complete a [Health Extras Card Request Form](#). Check with your employer for plan requirements and details associated with accessing your Health Extras card.

## What's Next?

- Begin using your card immediately at our participating [vendors](#).
- [Log in](#) to your member account to track your balance, view transactions, see how many days are left to spend remaining dollars, and more!
- Be sure to use your debit card by the end of your plan year, as unused funds will NOT roll over.

\*Available on select Independent Health plans. Excludes Medicare Advantage plans.  
Benefits vary by plan.



## Questions? Call Us.

(716) 631-5392 or  
1-800-453-1910