

How to Submit Documentation for Points

Doctor's Visit (250 points)

1. You can submit your EOB (explanation of benefits) or a printout from your Dr.'s office that states you had a preventative or wellness or annual check-up. If the paper does not state this, Interra Health will not accept it as proof.
2. Attach this to a completed Verification Form(found on the Wellness Webpage or on your Dashboard)
3. You can submit your documentation one of FOUR ways:
 - Scan both documents and upload onto your 'secure documents' tab
 - Mail to the Interra Health Brookfield office whose address is listed on the Verification Form.
 - Fax to the Interra Health Brookfield office (fax number is on the Verification Form)
 - Email to the Interra Health Brookfield office (email info on the Verification Form)
4. There is now an electronic version of the Verification form that you can complete and submit-you no longer have to scan the paper copy. This is found on the Wellness Webpage and on your Dashboard under the Resources tab.
5. IF YOU HAVE YOUR PHYSICAL/CHECK UP AT INTERRA HEALTH BY THE NURSE PRACTITIONERS THERE, YOU WILL RECEIVE YOUR POINTS AUTOMATICALLY ON YOUR DASHBOARD ON THE 6TH OF THE FOLLOWING MONTH YOU HAD THE EXAM.

Dental visit (100 points per cleaning-can submit up to 2 cleanings per year)

1. Delta Dental will cover up to 2 cleanings PER BENEFIT YEAR (Jan 1-Dec 31)—they do not have to be every 6 months!
2. You can submit your EOB (explanation of benefits) or a printout (bill) from your dentist's office that states you had a cleaning(a prophylaxis) as it's referred to in the dental world.
3. Refer to steps 3-5 in Doctor's Visit above.

*****You may not receive an EOB in the mail from your Dr. or dentist since preventative exams and dental cleanings are covered 100% by our insurance. You will need to log into and set up an account for yourself through Delta Dental and Anthem if you want to use these as your proof. I would recommend asking for a printout of some kind before you leave your physician's or dental office.**

*****All documents submitted in one month will not show up on your dashboard until the 6th of the following month so if you submit your documents in Sept., you will not see them until October 6th.**