

UMPQUA HEALTH ALLIANCE  
**PREVENTION FIRST**

**Earn a \$15 gift card** every time you take care of your health.



Umpqua Health Alliance members 18 and older can earn up to \$75 in Sherm's Thunderbird Market gift cards in 2026, just for completing preventive health services you may already be due for.

Preventive care helps catch health problems early, before they become more serious, harder to treat and more expensive to manage. Services like annual physicals, flu shots and cancer screenings can make a real difference in your long-term health. Umpqua Health Alliance is rewarding you for getting them done.

**Earn \$15 for each of these services:**

- A1c Test  
(checks blood sugar for diabetes)
- Flu Shot
- Physical
- Cholesterol Test
- Colon Cancer Screening
- Dental Cleaning & Oral Exam
- Depression Screening
- Mammogram Screening

**Here's how to get your gift card:**

If you complete services on different days, submit a separate form for each visit.

1. Schedule and complete a qualifying service with your provider.
2. After your visit, scan the QR code on this flyer.
3. Fill out the short form. *It takes less than two minutes.*
4. Select the date of your visit and the services you completed.
5. Your gift card will be mailed to you within the quarter.

*Complete five qualifying services and earn up to \$75 total. Any five qualifying services count. All services must be completed by Dec. 31, 2026. Gift cards are sent out every three months.*



**Connect with us:**

**Umpqua Health**

Monday – Friday

8 AM – 5 PM

Phone: 541-229-4842

Toll free: 866-672-1551

TTY: 711

Email: [UHCustomerCare@umpquahealth.com](mailto:UHCustomerCare@umpquahealth.com)

Website:  
[UmpquaHealth.com](http://UmpquaHealth.com)

Social Media:  
[Facebook.com/UmpquaHealth](https://Facebook.com/UmpquaHealth)

Address:  
3031 NE Stephens Street,  
Roseburg, OR 97470

**Need a ride to your appointment?**

Umpqua Health Alliance members may qualify for free transportation to medical appointments.

Call 1-877-324-8109 to arrange a ride.

**Scan Here**





## *LANGUAGE SERVICES* | **Alternative Languages**

You can get this document in other languages, large print, braille or a format you prefer. You can also ask for an interpreter. This help is free. You can get help from a certified or qualified health care interpreter. Call 866-672-1551 or TTY 711. We accept relay calls.

## *SERVICIOS DE IDIOMAS* | **Idiomas Alternativos**

Puede obtener este documento en otros idiomas, en letra grande, braille o en un formato que usted prefiera. También puede recibir los servicios de un intérprete. Esta ayuda es gratuita. Usted puede obtener ayuda de un intérprete certificado o calificado en atención de salud. Llame al servicio de atención al cliente 866-672-1551 o TTY 711. Aceptamos todas las llamadas de retransmisión.