

Subject Line: April member updates: Your new Healthy Rewards

From: Meridian Medicaid Plan

Preheader Text: Find rewards, benefits, and health advice.



meridianmonthly

Simple steps
earn
rewards



April 2026

Rewards and support for our members

This April, we're sharing ways to earn [Healthy Rewards](#), use your vision benefits, and access pregnancy support for every mom, especially when it's needed most. You'll also find a new podcast episode, simple recipes, and mental health resources for teens.

Benefits

New ways to earn Healthy Rewards in 2026

With [Healthy Rewards](#), you can earn prepaid debit cards just for taking care of yourself and your family. Earn rewards for completing wellness visits, screenings, child immunizations, and more.

You can now view your family's qualifying rewards all in one place. Set up your [Healthy Rewards](#) account for 2026.



[Create an account](#)

Your vision benefits at a glance

Your Meridian benefits cover a range of services to help keep your eyes healthy.

Eye exams

You can visit an in-network optometrist for routine eye care. They can check your vision, update your prescription, and help find glasses.

Glasses

- Children through age 20 can get glasses **replaced as needed**.
- Members 21 and older can get **one pair** of glasses **every two years**.
- If you need new glasses after surgery, like cataract surgery, this limit does not apply.

Contacts

They are covered for certain medical conditions.

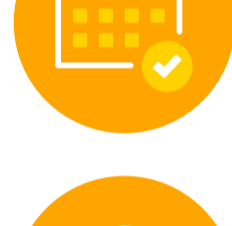
[Find a provider](#)

Health advice

Supporting Black maternal health

Black women in Illinois are at higher risk of dying during pregnancy and childbirth. At the same time, [91% of pregnancy-related deaths](#) may have been prevented. Meridian is committed to changing this reality.

Protect your health during pregnancy:



Start prenatal care early. Keep all scheduled visits so your provider can monitor you and your baby. You can earn up to \$620 in rewards during your baby's first year—plus baby gear!



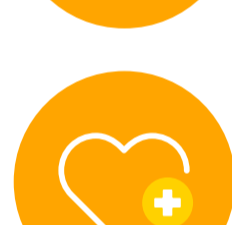
Watch for warning signs such as severe headache, sudden swelling, shortness of breath, or vision changes. Call your provider if something feels off.



Manage chronic conditions like high blood pressure or diabetes with your care team's support.



Lean on support systems, including doulas, care coordinators, and community programs.



Prioritize rest, nutrition, and mental health. Your well-being directly impacts your baby's health.

Meridian's programs like [MomCare Connect](#) provide personalized support, education, and resources during pregnancy and throughout the first year of your baby's life. Every mom deserves proper care and support. And we're here to help ensure you get it.

[Learn more](#)



Eat Well, Be Well episode 2: Tradition meets health

In our podcast, we discuss how culture influences health and food. Learn how to honor family traditions while practicing healthier habits. Simple tools like the Plate Method can help you build a balanced plate.

[Watch today](#)

Recipes

Simple recipes to support your well-being

Eating well doesn't have to be complicated or expensive. This month, we're sharing quick, easy recipes for busy days.

Microwave veggie fried rice



A fried rice recipe that comes together in minutes. All you need are frozen veggies, cooked rice, and soy sauce.

[view recipe](#)

Overnight oats (grab & go)



A perfect, no-cook breakfast for busy mornings. Mix it up the night before and enjoy a ready-to-eat meal the next day. Customize with your favorite fruit or toppings.

[view recipe](#)

Find more recipes and nutrition tips in English and Spanish!

¡Encuentre más recetas y consejos de nutrición en inglés y español!

Partner spotlight

Mental health support for teens

Meridian offers mental health support to help teens navigate school, relationships, and more.

Through **SomeThings**, teens ages 13–18 can connect with certified peer mentors for help with anxiety, depression, academic pressure, and more. Support is available by text or video.

Members also have access to **Pyx Health**, a mobile app that helps teens find support. The app offers LGBTQ+ resources, counseling, crisis hotlines, and more.

With a guardian's consent, teens can [download the app](#) and sign up using their health plan ID. They can also call **855-499-4777** for help getting started.

Need more support? [Find other providers](#) in our network.



Rewards and health actions are dependent on eligibility for specific activities, which will vary by individual. Members may not qualify for all health activities. The date of service to redeem a reward must be in the current plan year. Rewards can be redeemed up to 30 days following the conclusion of the program period.

Meridian complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex (including pregnancy, sexual orientation, and gender identity).

Español (Spanish): ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **866-606-3700** (TTY: **711**).

Polski (Polish): UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **866-606-3700** (TTY: **711**).

contact us

Meridian Member Services

866-606-3700
(TTY: 711)

Monday–Friday, 8:00 a.m. to 5:00 p.m.



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