



All employees enrolled in the City’s Health Plan receive an annual WELLNESS BENEFIT to make it easier to choose a healthy lifestyle!



### Annual Wellness Benefits

#### \$1000 ROUTINE SCREENING & TESTS

**Co-pay** (physicians charge only)

\$30 \$1200 deductible plan

\$0 \$3400 deductible plan

Each enrolled member receives an annual \$1000 wellness benefit! This applies to both the employee and their spouse, provided they are enrolled in the City’s Health Plan. **Covered Expenses include:** Routine physical examinations, preventive immunizations, flu shots (if done at the doctor’s office), routine prostate examinations, routine PAP tests, routine mammograms, and all other types of wellness screenings (EBT scan, bone density, etc.)

(These charges do not track towards your \$1000 annual limit. They are paid at 100%.)

Flu shots, Shingles shots and Pneumonia shots can now be obtained through the pharmacy and paid at 100%.

Colonoscopies will be paid at 100% once every 10 years for individuals 50 or older. For higher risk individuals, colonoscopies will be covered at 100% once every 5 years beginning at the age of 40.

#### \$400 HEALTHY LIFESTYLE BENEFIT

Each enrolled member also receives an additional \$400 benefit for exercise, weight loss programs, physical trainer expenses, and registration fees for certified walk/runs! Employees and enrolled spouses benefits can be combined and used toward family/group memberships.

#### \$250 TOBACCO CESSATION

\$250 annually is available for treatments including counseling, acupuncture, hypnotism, etc.

(These charges do not track towards your \$250 tobacco cessation benefit. They are paid at 100%.)

Prescription medications for the purpose of tobacco cessation now filled with a \$0 copay. Over the counter tobacco cessation products including patches, gum and nasal sprays can be purchased at the pharmacy - 30 day supply, \$0 copay. Some limitations apply.

#### Annual Health Screening

We conduct an annual Health Screening for employees, spouses & retirees. By participating you will receive a **10% CREDIT** off your health insurance deductible for the following year! Components of the screening include:

- Chem-30, Complete Blood Count, A1C, Thyroid and PSA testing
- Height/Weight
- Blood pressure

#### ALL INFORMATION IS CONFIDENTIAL

Results are mailed directly to you. It’s up to you to forward your results to your doctor.