

How to file a wellness claim

Follow these easy instructions to file a wellness claim and receive your wellness incentive.*



Covered wellness tests include:

Blood test for triglycerides
Bone marrow aspiration or biopsy
CA 15-3 (blood test for breast cancer)
CA-125 (blood test for ovarian cancer)
CEA (blood test for colon cancer)
Carotid Doppler
Chest X-ray
Colonoscopy
Echocardiogram
Electrocardiogram
Fasting blood glucose test
Fasting plasma glucose (FPG)
Flexible sigmoidoscopy
Hemoglobin A1C(HbA1c)
Hemocult stool analysis
Mammography**
Pap smear
PSA (blood test for prostate cancer)
Serum cholesterol test to determine HDL and LDL levels
Serum protein electrophoresis (blood test for myeloma)
Skin cancer biopsy
Stress test on a bicycle or treadmill
Thermography
Thin prep pap test
Two hour post-load plasma glucose
Virtual colonoscopy

Your plan includes benefits that cover annual wellness tests. You can receive valuable incentives for keeping an eye on your health. These step by step instructions make it easy to file a claim and receive your benefit.

Filing a wellness claim:

1. Call 1-800-635-5597.
2. Request to submit a wellness claim.
3. Simply be prepared to provide this information:
 - First and last name of the policyholder
 - Policyholder's Social Security Number and/or policy number
 - First and last name of the claimant (may or may not be the policyholder)
 - Name and date of the test
 - Physician's name and/or the facility name where the test was performed
4. If you do not want to file a claim over the telephone, you can request a paper claim form by calling 1-800-635-5597.

It's that easy. Customer service representatives on the telephone will explain your benefits and answer any questions.

*The wellness benefit can reimburse each covered person a benefit as defined in your plan per calendar year for one covered wellness test. **In CA, mammograms are not paid under the wellness benefit.

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