

## WELLNESS PROGRAM REQUIREMENTS

The League's Risk Management Board of Trustees has wellness requirements in place designed to help members become healthier, and to better control premium costs for all participants.

### WELLNESS REQUIREMENTS ARE AS FOLLOWS:

- › Annual wellness visit/routine physical to check blood pressure, cholesterol, blood sugar levels, etc.
- › Participation in the Personal Care Management (PCM) health coaching program if MedCost contacts you about enrolling.

Although not required, the age appropriate cancer screenings remain covered at 100%. Health Benefits Trust encourages its members to talk to their doctor and schedule these screenings.

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**PLEASE NOTE:** Your insurance does NOT have a 365 day rule, meaning you can visit your doctor anytime in the calendar year for your wellness regardless of the last visit.

*Wellness Requirements are not applicable to COBRA participants or dependent children.*

*Wellness Requirements are not applicable to pre-65 retirees as defined by the applicable governmental entity, unless specifically designated to apply by such governmental entity.*

### QUESTIONS?

We're happy to help. Reach out to the League's Health Benefits Trust staff to discuss wellness programs, coverage options, claims, policy details, and anything else you may need.

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