

## 2016 Wellness Incentive: Preventive Screenings

Preventing disease and detecting health issues at an early stage is essential to living a healthy life. All employees are encouraged to get annual physical checkups and preventive screenings as recommended by their doctor.

### What preventive screenings are included in the Wellness Incentive Program for women?

Female employees may earn reward points for designated preventive screenings including an annual physical, cervical (pap) screening, mammogram, or colorectal screening (colonoscopy). To earn rewards as a preventive screening, you must be at least 40 years old for a mammogram and 50 years old for a colonoscopy.



### What preventive screenings are included in the Wellness Incentive Program for men?

Male employees may earn reward points for designated preventive screenings including an annual physical and colorectal screening (colonoscopy). To earn rewards as a preventive screening, you must be at least 50 years old for a colonoscopy.

### What incentives can I earn?

You can earn up to 12,500 reward points or \$50 cash.

### What is an annual physical?

An annual physical exam is an evaluation of your health when you are symptom-free which may include a medical history update, vital sign checks, visual exam, physical exam. and/or laboratory tests.

### Why would someone want to visit the doctor when they are well?

Even if you are in the best shape of your life, a serious medical condition with no signs or symptoms may put your health at risk. An annual physical (sometimes called a well exam) is vital to early identification and treatment of medical conditions.

### What will I pay for preventive screenings?

Preventive care is available at no cost in both of the Pinellas County sponsored United Healthcare plans. During your annual physical, your provider may determine that a referral to another provider is necessary or that lab work or imaging such as an ultrasound is required. These types of services are not preventive and therefore will have a fee associated with the service. Non-preventive services are called diagnostic as they are used to either diagnose a condition or check-in on an already diagnosed condition. An example of a diagnostic, non-preventive service would be when a mammogram is prescribed as a result of a breast lump being found during an annual physical.

### How do I get more info?

Visit United Healthcare's Preventive Care Guidelines site at [www.uhcpreventivecare.com](http://www.uhcpreventivecare.com).