

# Conference Health Benefit Plan

## Wellness & Weight Loss Benefits

### Health Check at Annual Conference

- All health care participants are eligible to have blood work performed at annual conference each year at no cost to the participant.
- The health plan will pay the full cost of \$88.00 for these tests that typically cost \$544.17, saving the Plan significant costs.
- Each individual participant will receive, within 2-3 weeks, a printout of the results of their test, along with explanations and valuable suggestions to improve their health. Participants can take their results to his/her physician for review.

### Physical Examinations (Routine)

- **Participant and Dependent Spouse only** - \$150 payable @ 100% per Calendar Year (Additional eligible expenses subject to deductible and co-insurance)
- The providers' billing must state 'routine physical or routine physical with no complaints' as the diagnosis. A discussion with your physician and his/her office staff, about this wellness benefit might be helpful in having your routine examination paid as a routine physical.

### Well Child Care (Routine)

- **Birth to Age Two** - covered @ 100%
- **Age Two to Age Nine** - \$150 payable @ 100% per Calendar Year, no limit on immunizations (Additional eligible expenses subject to deductible and co-insurance)
- **Age Nine to Age Twenty-Three** - \$150 payable @ 100% per Calendar Year (Additional eligible expenses subject to deductible and co-insurance)

### Pap test (Routine/Diagnostic)

- One per Calendar Year
- Does not apply toward Routine Physical Examination maximum
- Additional pap tests payable – subject to deductible and co-insurance

### Mammogram (Routine age 35 and above)

- One per Calendar Year
- Does not apply toward Routine Physical Examination maximum.
- Additional mammograms payable – subject to deductible and co-insurance

### Prostate Test (Routine age 40 and above)

- One per Calendar Year
- Does not apply toward Routine Physical Examination maximum
- Additional prostate tests payable – subject to deductible and co-insurance

### Weight Loss Benefit

- Approved weight loss programs are medically monitored programs that typically include initial health screening (lab work, EKG, physical exam) along with continual involvement of registered dietitians and behaviorists.
- Weight loss programs require prior approval - contact the Benefits Manager @ 1-800-831-3972 ext 103
- \$3,500 Calendar Year maximum - \$10,000 lifetime maximum
- Subject to deductible and co-insurance
- Food supplements and replacements are not covered

The above information relates to Conference Health Benefit Plan. If there are any discrepancies which exist between the above explanations of benefits and the explanations as defined in the Plan Document, then the terms of the Plan Document will prevail.