

# Hospital Care wellness incentive benefit

## Wellness Treatment, Health Screening Test or Preventive Care Incentive Benefit

### Cigna Healthcare Hospital Care Insurance

Your Cigna Healthcare<sup>SM</sup> Hospital Care insurance plan comes with a \$50 Wellness Treatment, Health Screening Test or Preventive Care incentive benefit. This benefit is paid for each covered person who completes at least one wellness treatment, health screening test or preventive care service, as specified below. This benefit is limited to one per year per covered person.

#### Wellness treatments

- Adult immunizations
- Annual routine preventative dental exam
- Annual routine ophthalmological exam including refraction
- Cancer screenings
- Colorectal cancer screenings
- General health exams
- Lead poisoning screenings
- Osteoporosis screenings
- Routine gynecological exams
- Routine prostate exams
- Well child care – including visits, labs and immunizations

#### Health screening tests

- Bone marrow testing
- Breast cancer blood test (CA 15-3)
- Breast ultrasound
- Chest x-ray
- Colon cancer blood test (CEA)
- Colonoscopy
- Fasting blood glucose test
- Flexible sigmoidoscopy
- Hemocult stool specimen
- Mammography
- Myeloma blood test (serum protein electrophoresis)
- Ovarian cancer blood test (CA125)
- Pandemic infectious disease immunization
- Pandemic infectious disease test and screening
- Pap smear for women over age 18
- Prostate-specific antigen (for prostate cancer)
- Serum cholesterol test to determine levels of HDL and LDL
- Stress test on a bicycle or treadmill
- Thermography
- Triglycerides blood test

In Washington, the wellness benefit is known as the Health Screening Benefit.



## Preventive Care

The Patient Protection and Affordable Care Act (PPACA) requires preventive health services as recommended by the following expert medical and scientific bodies:

1. The United States Preventive Services Task Force (USPSTF);
2. The Advisory Committee on Immunization Practices (ACIP);
3. The Health Resources and Services Administration (HRSA's) Bright Futures Project; and
4. HRSA and the Institute of Medicine (IOM) committee on women's clinical preventive services.

Detailed information is available at [www.healthcare.gov/coverage/preventive-care-benefits](http://www.healthcare.gov/coverage/preventive-care-benefits).

## Benefit exclusions and limitations

Services must be provided under the direction of a physician.

### Filing a claim is easy.

#### Complete and file your claim by phone

- Call **800.754.3207** to speak with one of our dedicated customer service representatives

#### File your claim online

- Visit the Cigna Healthcare website [SuppHealthClaims.com](http://SuppHealthClaims.com)

#### Complete and file your claim by fax, email or mail

- **Download** a Wellness Incentive claim form at [Cigna.com/customerforms](http://Cigna.com/customerforms)
- **Fax** documents to our fax line at **866.304.3001**
- **Email** scanned documents to [SuppHealthClaims@Cigna.com](mailto:SuppHealthClaims@Cigna.com)
- **Mail** documents to **Cigna Healthcare Supplemental Health Solutions, P.O. Box 188028, Chattanooga, TN 37422**

The term Hospital does not include a clinic or facility for: (1) rehabilitation, convalescent, custodial, educational, hospice, or skilled nursing care; (2) the aged, drug addiction, or alcoholism; or (3) a facility primarily or solely providing psychiatric services to mentally ill patients. The term Hospital also does not include a unit of a Hospital for rehabilitation, convalescent, custodial, educational, hospice, or skilled nursing care. Please refer to your plan documents as the actual definition of "Hospital" may vary by policy.

**THESE POLICIES PAY LIMITED BENEFITS ONLY. THEY ARE NOT COMPREHENSIVE HEALTH INSURANCE COVERAGE AND DO NOT COVER ALL MEDICAL EXPENSES. THIS COVERAGE DOES NOT SATISFY THE "MINIMUM ESSENTIAL COVERAGE" OR INDIVIDUAL MANDATE REQUIREMENTS OF THE AFFORDABLE CARE ACT (ACA). THIS COVERAGE IS NOT MEDICAID OR MEDICARE SUPPLEMENT INSURANCE.**

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