



Wellness Program Guide

May 1, 2024 – April 30, 2025

Welcome to your 2024-2025 Wellness Program!

Employees and Spouse enrolled in the MissVIC health plan can submit the completed Physician Verification Form by **April 30, 2025** to be entered into a gift card drawing.

Your new program details are outlined in this guide.

Notice: We have changed the deadline for completed Physician Verification Forms to be submitted no later than April 30, 2025! If you have had your annual routine physical and labs with your primary care physician between May 1, 2024 through April 30, 2025, please be sure to submit your form to Human Resources to be entered into the gift card drawing. Many physicians may want to have 365 days between your last annual physical; however, our health plan does not have this requirement. As long as you have had your one routine annual physical completed between January and December, the MissVIC health plan will cover it.

For the 2024-2025 year only, if you completed your annual physical in May or June 2024, you can submit that completed form for credit.

Did you know that chronic diseases such as heart disease, cancer, and diabetes are responsible for 7 of every 10 deaths among Americans each year and account for 75% of the nation's healthcare spending? Treatment for chronic diseases works best when they are detected early.

Stay on top of your Health

Why should you get preventive care?

Preventive care includes annual wellness exams, flu shots, and cancer screenings. These services can prevent illness, disease and other health problems, or detect illness at an early stage when treatment is likely to be most effective. Getting your recommended preventive services and making health lifestyle choices are key steps to good health and wellbeing.

Preventive Care Checklist

Ways to use preventive care

Preventive care is care you receive to prevent illnesses or diseases. Instead of waiting for symptoms of an illness to get health care services, preventive care aims to keep you from getting sick in the first place. Preventive care services are provided at no cost to you. These include:

- Annual Physical Exams
- Lab tests
- Immunizations
- Health screenings
- Counseling

Is preventive care enough to avoid developing chronic diseases?

When preventive care is combined with an overall healthy lifestyle, like eating well and exercising, you can greatly decrease your chances of getting a chronic condition in the first place.

Cost of Preventive Care

Our plan covers most preventive healthcare at 100% when performed as part of an annual physical by an in-network provider. With no out-of-pocket cost, finances should not be a barrier to maintaining your annual preventive health checkup.

Recommended Screening by Age and Gender

✓ MEN

✓ WOMEN

AGE	ANNUAL PHYSICAL EXAM	DENTAL VISIT	COLON CANCER SCREENING	LUNG CANCER SCREENING	CERVICAL CANCER SCREENING	BREAST CANCER SCREENING	PROSTATE CANCER SCREENING
21-29	✓✓	✓✓			✓		
30-39	✓✓	✓✓			✓		
40-49	✓✓	✓✓	✓✓		✓	✓	✓
50-64	✓✓	✓✓	✓✓	✓✓	✓	✓	✓
65+	✓✓	✓✓	✓✓	✓✓	✓	✓	✓

What steps should I take to get preventive care?

Along with a healthy lifestyle, taking some basic preventive care steps can immensely improve your health down the road. Make an appointment with your primary care physician to discuss your preventive care options. To find an in-network doctor or for details about what preventive care services are covered, visit www.myuhc.com.

STEPS TO GETTING YOUR WELLNESS EXAM



STEP 1: PHYSICIAN VERIFICATION FORM

Complete an annual physical exam and biometric screening with your primary care physician between **MAY 1, 2024** and **April 30, 2025**. Take this packet with you to your appointment and have your doctor complete and sign the Physician Verification Form. **Remember: your annual routine physical and labs associated with your visit are covered at 100% under your health plan. The MissVIC health plan does not require 365 days between visits.**

- Have you already received your annual physical within the above timeframe? If you had your annual physical in May or June 2024, you can submit it. Take this packet to your physician's office to have the Physician Verification Form completed.

If you do not have a doctor, you can select a doctor within the MissVIC health benefit plan network through United Healthcare Choice Plus Network. If you need assistance in finding a physician, please go to www.UHC.com. Little clinics and minute clinics do not qualify as Primary Care Visit completion.



STEP 2: SUBMIT YOUR COMPLETED FORM BY APRIL 30, 2025

Submit your **completed form in its entirety** to:

Name: Stacy Ehrman – D7 Business Office at Mark Twain 1
Address: 708 St Louis St, PO Box 250 Edwardsville, IL 62025
Phone Number: 618-655-6046
Fax Number: n/a
Email Address: sehrman@ecusd7.org

Keep a copy of all forms for your files.