

# Learn more about your annual Wellness Benefit

## Your Unum plan pays a Wellness Benefit for one wellness test each year.

With Unum's Wellness Benefit, you and other covered family members can receive a valuable incentive for important tests and screenings. Many of these tests are routinely performed, so it's easy to take advantage of this benefit.

**Your Accident wellness benefit is \$100.**

**Your Hospital wellness benefit is \$100.**

### MOST COMMON TESTS AND SCREENINGS

- Blood test for triglycerides
- Fasting blood glucose test
- Mammography
- Pap smear
- Serum cholesterol test to determine HDL and LDL levels

### OTHER TESTS AND SCREENINGS INCLUDE

- Bone marrow aspiration or biopsy
- CA 15-3 (blood test for breast cancer)
- CA-125 (blood test for ovarian cancer)
- CEA (blood test for colon cancer)
- Carotid Doppler
- Chest X-ray
- Colonoscopy
- Echocardiogram
- Electrocardiogram
- Fasting plasma glucose (FPG)
- Flexible sigmoidoscopy
- Hemoglobin A 1C (HbA1c)
- Hemoccult stool analysis
- PSA (blood test for prostate cancer)
- Serum protein electrophoresis (blood test for myeloma)
- Skin cancer biopsy
- Stress test on bicycle or treadmill
- Thermography
- Thin prep pap test
- Two-hour post-load plasma glucose



### IT'S EASY TO FILE A CLAIM

You can receive a benefit for tests that are performed after your initial coverage date.

Follow these simple steps:

File your claim online with a one-time registration on **unum.com**, by mail or over the phone. Simply call **1-800-635-5597** to learn more.

### You will need to provide the following:

- First and last names of the **employee** and claimant (the employee might not be the claimant)
- Employee's **Social Security number** or policy number
- **Name** and **date** of the test
- Name of **physician** and the **facility** where the test was performed.



Each year, you can earn a valuable incentive just for taking care of your health. And so can each of your covered family members.