

# WELLNESS UPDATE

10/03/2023



## October is Cancer Awareness Month

### ❖ Navigate and Choice Plus Plans –

- Mammograms and Colonoscopies  
Preventative screenings are covered  
at 100% at age 40

Diagnostic covered 100% at any  
age

### ❖ HSA Plan –

- Mammograms and Colonoscopies  
Preventative screening covered  
100% at age 40

- After meeting deductible –  
Diagnostic covered at 100% at  
any age

# WELLNESS ACTIONS ~ 58 DAYS REMAINING!



- ❖ Must show as complete in the Virgin Pulse system by end of day 12/15/23
- ❖ Processing of forms may take up to 2 weeks
- ❖ Ideally have items turned in no later than 12/01/2023
- ❖ Both Employee and their covered spouse must complete
- ❖ Check your Virgin Pulse account to see if items are marked complete
- ❖ Missing checkmarks mean missing items!