



Wellness Screening Benefit

County of San Diego

What is the Wellness Screening Benefit?

The Wellness Screening Benefit provides a \$100 benefit, paid directly to the policyholder. Each covered person is eligible for this benefit one time per calendar year.

The eligible Wellness Benefits:

- Biopsy for skin cancer
- Blood test for triglycerides
- Bone Marrow Testing
- CA15-3 (cancer antigen 15-3 - blood test for breast cancer)
- CA125 (cancer antigen 125 - blood test for ovarian cancer)
- CEA (carcinoembryonic antigen - blood test for colon cancer)
- Chest X-ray
- Colonoscopy
- Doppler screening for carotids
- Doppler screening for peripheral vascular disease
- Echocardiogram
- EKG (Electrocardiogram)
- Flexible sigmoidoscopy
- Hemocult stool analysis
- HPV (Human Papillomavirus) Vaccination
- Lipid panel (total cholesterol count)
- Mammography, including Breast Ultrasound
- Pap Smear, including ThinPrep Pap Test

- PSA (prostate specific antigen - blood test for prostate cancer)
- Serum Protein Electrophoresis (test for myeloma)
- Stress test on bike or treadmill
- Thermography
- Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms
- Any generally medically accepted cancer screening test not listed above.

What items are NOT eligible for reimbursement:

- Routine physicals where a listed screening is not performed
- Biometric Screenings and/or Health Risk Assessments completed for the County sponsored Wellness program
- Screenings performed for an employee who does not have a critical illness policy with Allstate

How do I file my claim?

Visit the **MyBenefits** website to file your claim. See the next page for instructions.

CA License No: OC36861

Accessing your benefit information has never been easier

MyBenefits is an easy-to-use website that offers you 24/7 access to important information pertaining to your benefits.

MyBenefits

Innovative online capabilities at your fingertips

1. Online Access 24/7 -

Access your claim and benefit information anytime, night or day.

2. Claims Status, Filing and Payments -

Check claims status at your convenience 24/7. Or, file a claim using our online forms submission process and upload all supporting documents.

3. Express Claims Process -

Have your Wellness claim processed within 48 hours by filing through our Express option. Elect to have your claim benefit payment directly deposited into your checking account.

4. Policy Information -

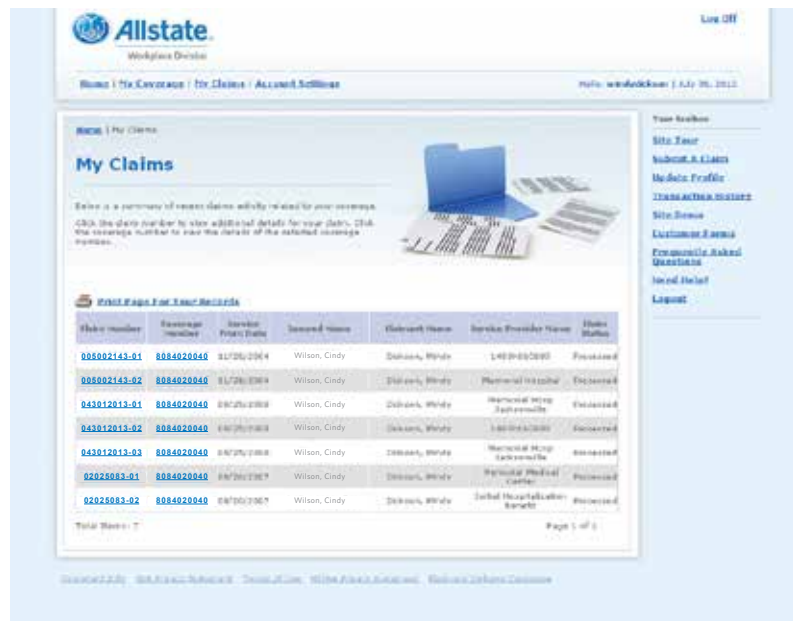
Print or view policy information, coverage details or certificates on existing coverage.

5. Update Information -

Keep your physical address, email address and telephone number up-to-date and accept electronic delivery of documents.

6. Secure Upload -

Submit your documents securely in TIF, GIF, PDF or JPG formats.



Claim Support - 800-348-4489



Scan the QR Code with your smartphone to access the **MyBenefits** website

For questions, please contact the Allstate Benefits Customer Care Center at **1-800-521-3535**



Rev. 9/18. This material is valid as long as information remains current, but in no event later than September 1, 2021. Allstate Benefits is the marketing name used by American Heritage Life Insurance Company (Home Office, Jacksonville, FL), a subsidiary of The Allstate Corporation. ©2018 Allstate Insurance Company. Visit us at allstatebenefits.co.