

Your Cost for Wellness and Preventive Care Benefits Is Zero!

Take advantage of all the preventive benefits and wellness programs included under The Local Choice Key Advantage and TLC HDHP plans.

Wellness Benefits and Preventive Care Screenings

Your plan covers one **routine check-up** each plan year, with **no copayment, coinsurance or deductible**.

Your plan also covers one of each of these services per plan year with **no copayment, coinsurance, or deductible**.

- Routine gynecological exam and Pap test
- Routine mammogram
- Prostate exam and PSA test
- Colorectal cancer screening

Early detection of these common cancers – breast, cervical, prostate and colon – dramatically increases your chances for a positive outcome. Please take your screenings seriously. When you schedule your appointment, let your doctor know that these are part of your routine preventive care benefits, and that they are **covered at 100% of the allowable charge**.

Future Moms | 800-828-5891

Expecting? After you tell your spouse, your family and your friends, tell us! The goal of **Future Moms** is to help you have a healthy, full-term pregnancy. We figure that's your goal, too. Even after you give birth, your Future Moms nurse is there to provide post-natal support. Call to enroll as soon as you know you are pregnant. You'll receive a pre-natal kit, including a book full of information about what to expect over the next nine months.

Enrolled in Key Advantage Expanded or Key Advantage 250?

Your plan will waive the hospital copayment for delivery if the covered Mom-to-be enrolls in Future Moms within the first trimester of pregnancy, has a dental cleaning during the pregnancy and completes the program.



Quit For Life Tobacco Cessation | 866-784-8454

Quitting tobacco isn't a walk in the park. But when you're ready to quit, you don't have to do it alone. **Quit For Life** is here to help. This nationally acclaimed program is free, confidential, and it works! Call or go to www.quitnow.net/commonwealth. Before you know it, you'll be working with your own Quit Coach to help you quit and stay quit. Your coach can help you decide if your personal program should include nicotine patches, gum or covered smoking cessation drugs.



24/7 Nurseline & AudioHealth Tape Library | 800-337-4770

Health questions and concerns don't follow a 9 to 5 weekday schedule. Sometimes you need answers right away, and that can be in the middle of the night or while away on vacation. That's why the **24/7 NurseLine** is there for you and your family 24 hours a day, seven days a week. So the next time you have a health question, ask a nurse! 24/7 NurseLine is free, confidential, and there for you any time.



MyHealth Advantage

The sooner you know about potential health problems, the sooner you can take action to address them. **MyHealth Advantage** helps by reviewing your health status to identify any potential gaps in care. If we find that a friendly reminder can help, you may receive a **MyHealth Note** in the mail. We even check to see what medications you're taking and quickly alert your doctor if we see a potential drug interaction.

MyHealth Note also gives you a convenient summary of your recent medical claims, and from time to time, offers tips to save money on your prescriptions and other health care supplies.



ConditionCare | 800-445-7922

ConditionCare may be just the support you need if you or someone in your family is dealing with one or more of these conditions:

- Asthma
- Diabetes
- Chronic obstructive pulmonary disease (COPD)
- Coronary artery disease (CAD)
- Heart failure (HF)
- Hypertension
- Hyperlipidemia (high blood cholesterol)
- Obesity
- Metabolic syndrome

You may receive a call from ConditionCare if your claims indicated you may be dealing with one of these conditions. This program lets you tap into a whole team of professionals – registered nurses, dieticians, exercise physiologists, pharmacists, health educators, and other health experts. They are all there to help you take steps toward better management of a chronic illness.

