



# Take advantage of your Supplemental Health wellness benefit

Congratulations! You made a great decision by enrolling for Accident, Critical Illness and Hospital Indemnity Insurance issued by **The Prudential Insurance Company of America (Prudential)**.

➔ But did you know that your coverage includes a wellness benefit<sup>1</sup> of \$100 for Accident, \$100 for Critical Illness and \$100 for Hospital Indemnity Insurance, which helps you to stay healthy by rewarding you for routine health screening tests such as your routine health check-up, dental exam, mammogram, and more?<sup>2</sup> And now you can easily submit your wellness claim with documentation from your provider just by:

- Visiting [www.prudential.com/mybenefits](http://www.prudential.com/mybenefits)
- Or calling **844-455-1002**, M-F, 8 a.m. to 8 p.m. ET to speak with a representative.

Claim your benefit if you or a covered person received one of the covered wellness benefits listed below. For a complete list of health screening tests, please see your Outline of Coverage.

| Health Screening Test                                      |   |
|--|---|
| Biopsies for cancer  | Carotid doppler                                   |
| Blood chemistry panel                                      | Chest x-rays                                      |
| Blood test to determine total cholesterol                  | Clinical testicular exam                          |
| Blood test to determine triglycerides                      | Colonoscopy                                       |
| Bone marrow testing  | Complete blood count (CBC)                        |
| Breast MRI   | Covid-19 vaccination                              |
| Breast sonogram  | Dental exam                                       |
| Breast ultrasound  | Digital rectal exam (DRE)                         |
| Cancer antigen 125 blood test for ovarian cancer (CA 125)  | Doppler screening for cancer                      |
| Cancer antigen 15-3 blood test for breast cancer (CA 15-3) | Doppler screening for peripheral vascular disease |
| Carcinoembryonic antigen blood test for colon cancer (CEA) | Echocardiogram                                    |
|  | Electrocardiogram (EKG)                           |



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|---|--|
| Electroencephalogram (EEG)                                | Serum cholesterol test to determine LDL and HDL levels                     |
| Endoscopy   | Serum protein electrophoresis  |
| Eye exam  | Skin cancer biopsy   |
| Fasting blood glucose test                                | Skin cancer screening  |
| Fasting plasma glucose test                               | Skin exam  |
| Flexible sigmoidoscopy                                    | Stress test on bicycle or treadmill  |
| Hearing test  | Successful completion of smoking cessation program                         |
| Hemoccult stool specimen                                  | Tests for sexually transmitted infections (STIs)                           |
| Hemoglobin A1C  | Thermography;  |
| Immunizations/vaccinations                                | Two hours post-load plasma glucose test;                                   |
| Lipid panel   | Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms |
| Mammogram   | Ultrasounds for cancer detection;  |
| Oral cancer screening;                                    | Virtual colonoscopy.   |
| Pap smears or thin prep pap test                          |  |
| Prostate-specific antigen (PSA) test                      |  |
| Routine health check-up exam (including Covid-19 testing) |  |

1 The Wellness benefit is payable once per calendar year, per covered person, if the covered person receives a covered health screening test while not confined in a hospital.

2 The Screening/Wellness benefit is not available in all states.

Group Accident, Group Critical Illness and Group Hospital Indemnity Insurance coverages are limited benefit policies and are not substitutes for medical coverage that provides benefits for medical treatment, including hospital, surgical and medical expenses, and they do not provide reimbursement for such expenses. Group Insurance coverages are issued by The Prudential Insurance Company of America, a Prudential Financial company, Newark, NJ.

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