

Your Cost for Wellness Benefits = ZERO!



The Value of Better Health = PRICELESS.

Giving you the benefits and programs you need to take good care of yourself is a priority for the Commonwealth of Virginia. So is removing any obstacles when you want to take extra steps to improve your health. That's why all the wellness services included with your health plan are **FREE!**

Routine Wellness Services – Covered at 100%

One each plan year:

- Routine annual check up
- Routine immunizations (such as flu, pneumonia, hepatitis B, or human papillomavirus/HPV)
- Routine lab work (such as cholesterol or blood glucose test)
- Routine x-rays (such as bone density screening)

Plus:

- Two routine dental check-ups per plan year
- Up to four Employee Assistance Program (EAP) visits per incident

Preventive Care Tests & Screenings – Covered at 100%

- Gynecological exam and Pap test
- Routine mammography screening
- Prostate/digital rectal exam
- Prostate specific antigen (PSA) test
- Colorectal cancer screening/colonoscopy

**Commonwealth
of Virginia**

**COVA Care
and COVA HDHP**

Future Moms | 800-828-5891

Expecting? After you tell your family and friends – tell us! Future Moms gives you access to a registered nurse who is just as committed to a healthy pregnancy as you are. Call **800-828-5891** as soon as you know you are pregnant. When you enroll, you'll receive a prenatal kit, including a book that explains what to expect over the next nine months. A Future Moms nurse is there for you throughout your pregnancy, all the way to post-natal support. It's free, confidential, and one of the best things you can do for yourself and your baby.

ConditionCare | 800-445-7922

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

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

ConditionCare is included with your health plan at no cost and gives you unlimited access to a nurse to answer questions about your condition. You'll also learn about ways to take better care of yourself.

You may receive a call from ConditionCare also call to tell you more about the program and how to participate. To be sure they're talking to the right person the call may ask you to verify your address or date of birth – whichever makes you most comfortable. If you're interested in participating, simply call **800-445-7922** to get started. It's free, voluntary, and completely confidential.

24/7 NurseLine | 800-337-4770

Health questions and concerns don't always follow a 9 to 5 weekday schedule! Sometimes you need answers right away, even in the middle of the night. The next time you



have a health question, why not ask a nurse? Simply call **800-337-4770** for the 24/7 NurseLine. It's free, confidential, and there any time.

You can also listen to recorded information about hundreds of health-related topics. Just call 800-337-4770 and Press 2. For a list of topics, go to www.anthem.com/cova and select the Special Programs tab. Or ask a nurse when you call the 24/7 NurseLine.

And... Don't Forget the CommonHealth Employee Wellness Program

It's another way to help you get and stay healthy, at no cost to you! Here's a list of services – visit www.commonhealth.virginia.gov to get the details.

- Quarterly health program – educational, fun, and brought right to your agency.
- Onsite health screening every two years – check your blood pressure, cholesterol, diabetes risk and body mass index (BMI).
- QuitForLife® tobacco cessation program – including free patches and gum to help you quit. Call **1-866-784-8454** to get started.
- Weight Watchers – four different options for joining the program.
- Fitness center discounts.
- The Compass newsletter – published monthly and posted on the CommonHealth Web site.