



Your Health & Wellness Benefits

What Am I Eligible For As An Employee?

July 2008

Health and Wellness Benefits	Employment or Health Benefits Status					
	All state employees	Eligible for state health benefits program	COVA Care Members	COVA HDHP Members	Kaiser Members	Free Benefit
<u>Annual check-up (physical)</u>			•	•	•	Yes
<u>CommonHealth</u>	• *See note	•	•	•	•	Yes
<u>CommonHealth health checks</u>	• *See note	•	•	•	•	Yes
<u>CommonHealth Quit For Life™ smoking cessation program</u>		•	•	•	•	Yes
<u>Disease management programs</u>			•	•	•	Yes
<u>Dental exams & cleanings (preventive 2x each plan year)</u>			•	•	•	Yes
<u>Employee Assistance Program (up to 4 visits)</u>			•	•	•	Yes
<u>Annual flu shot - office visit</u>			•	•	•	Yes
<u>Annual flu shot - pharmacy</u>			•	•		Yes
<u>Future Moms prenatal program</u>			•	•	•	Yes
<u>Annual preventive screenings</u>			•	•	•	Yes
<u>24/7 Nurseline</u>			•	•		Yes
<u>Weight Watchers special pricing</u>	• *See note	•	•	•	•	No
<u>Weight Watchers 50% reimbursement (employees only)</u>		•	•	•	•	No

***Contract employees cannot participate in state health and wellness programs. University of Virginia employees may participate only in Weight Watchers special pricing and are not eligible for reimbursement.**