

# Health and wellness screening benefit

Just by being enrolled in group hospital indemnity insurance you and your spouse have access to a \$50 health and wellness benefit. By being enrolled in the group critical illness and/or group accident plan you, your spouse and children have access to a \$75 health and wellness benefit.



**You and your spouse and children\*, if enrolled, are eligible for this benefit for several types of wellness screenings listed below:**

- Annual physical exam
- Biopsies for cancer
- Blood test to determine total cholesterol
- Blood test to determine triglycerides
- Bone marrow testing
- Breast MRI
- Breast ultrasound
- Breast sonogram
- Carotid Doppler
- Clinical testicular exam
- Colonoscopy
- Digital rectal exam (DRE)
- Doppler screening for cancer
- Doppler screening for peripheral vascular disease
- Echocardiogram
- Electrocardiogram (EKG)
- Endoscopy
- Fasting blood glucose test
- Fasting plasma glucose test
- Flexible sigmoidoscopy
- Hemocult stool specimen
- Hemoglobin A1C
- Human papillomavirus (HPV) vaccination
- Lipid panel
- Mammogram
- Oral cancer screening
- Pap smears or thin pap test
- Pharmacologic stress testing
- Prostate-specific antigen (PSA) test
- Serum cholesterol test to determine LDL and HDL levels
- Serum protein electrophoresis
- Skin cancer biopsy
- Skin exam for cancer screening
- Stress test on bicycle or treadmill



## How to file a claim

Call Securian Financial at **1-800-328-9442**. Or visit [securian.com/benefits](https://www.securian.com/benefits)

- Select “Employer” under report a new claim
- Select “Start a new claim”
- Answer all questions to the best of your ability

- Tests for sexually transmitted infections (STIs)
- Thermography
- Two-hour post-load plasma glucose test
- Ultrasound for cancer detection
- Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms
- Virtual colonoscopy

There is a maximum of one health and wellness benefit payment per insured, per year. Availability and screenings may vary by state.

\* Children are not eligible for a health and wellness benefit in the hospital indemnity policy.

Group hospital indemnity, group accident and group critical illness insurance are issued by Securian Life Insurance Company, a New York authorized insurer headquartered in St. Paul, MN. Product availability and features may vary by state.

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