

Health and wellness screening benefit

By being enrolled in the group critical illness and/or group accident insurance 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.

For Group critical illness insurance; Group accident Insurance

Limitations and exclusions apply. Each of these voluntary policies have exclusions, limitations, reduction of benefits, terms under which the policy may be continued in force or discontinued. For costs and complete details of the coverage, contact Securian Financial Group. 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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F92409-6 Rev 9-2022 DOFU 9-2022
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