

# Your Personal Wellness Program

Your Sycamore Township Health Plan features a **personal wellness program** that promotes regular testing for high-risk conditions. Many costly and serious illnesses are either preventable through education and lifestyle change, or curable with early detection.

**PRIMARY PREVENTION** provides education about lifestyle changes and wellness testing. You are encouraged to establish a “medical home” by developing and maintaining a relationship with your **family doctor**.

Our services include **customized wellness guidelines** for you and your family, including tips for the prevention and early detection of the most common cancers.

**WELLNESS COMPLIANCE** is an important part of your health plan. As such, employees and their covered spouses (if applicable) will be required to complete the required screening tests by November 1st of each year. **If an employee and spouse gets the required tests by the due date, premiums starting on January 1st of the following year will be reduced by \$50 per month.** So not only do you play an active role in improving your health, you save money in the process.

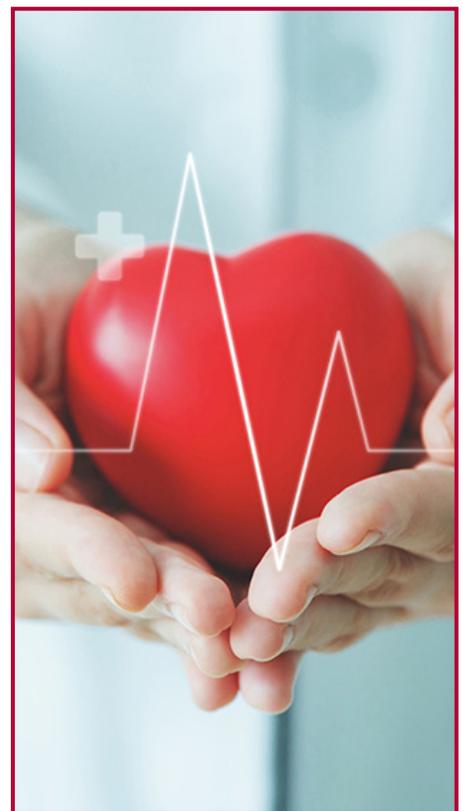
**ONLINE COMPLIANCE MONITORING** allows plan members to track important medical information. Simply by going to the **MedBen Access** website or downloading the **MedBen Access mobile app**, you can check your compliance with critical wellness examinations.

1. Select “MedBen Access” from **MedBen.com**, or download the app from the **Apple App Store** or **Google Play**.
2. On the home page, enter your user name and password.
3. Select the “View WellLiving” icon. From there, you’ll be taken to your personalized wellness information.

**QUESTIONS?** We will be happy to assist you with any questions about your personal wellness program. Please contact MedBen Customer Service at **(800) 686-8425**.

Your wellness program recommends **five screening tests**, based on age and gender:

- **Annual Wellness Exam** (Males & females, all ages)
- **Cholesterol** (Males & females, ages 20+ every 5 years)
- **Colonoscopy** (Males & females, ages 45+ every 10 years)
- **Mammogram** (Females, ages 40+ every 2 years)
- **Pap Smear** (Females, ages 21-29 every 3 years, ages 30-64 every 5 years)



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