



Supplemental Health Wellness Benefit

Blue Cross and Blue Shield of Texas wants to encourage prevention and early detection. That's why our Supplemental Health coverages include an optional wellness benefit that pays qualified claimants \$50 annually for taking any of our listed wellness screenings or tests. Employee, spouse and children can each receive this payout once per year.

Blood test for triglycerides	Hemoccult stool analysis
Bone marrow aspiration or biopsy	Mammography
CA 15-3 (blood test for breast cancer)	Pap smear
CA-125 (blood test for ovarian cancer)	PSA (blood test for prostate cancer)
CEA (blood test for colon cancer)	Serum cholesterol test to determine HDL and LDL levels
Carotid Doppler	Serum protein electrophoresis (blood test for myeloma)
Chest x-ray	Skin cancer biopsy
Colonoscopy	Stress test on a bicycle or treadmill
COVID-19 screening*	Thermography
Echocardiogram	Thin prep pap test
Electrocardiogram	Two hour post-load plasma glucose
Fasting blood glucose test	Vaccinations*
Fasting plasma glucose (FPG)	Virtual colonoscopy
Flexible sigmoidoscopy	
Hemoglobin A1C (HbA1c)	

WELLNESS BENEFIT

\$50

PER CALENDAR YEAR

Filing a Wellness Benefit Claim



Download the Supplemental Health Wellness Benefit Claim form:

bcbstx.com/ancillary/employees/forms

Return completed form to:

Fax: 855-645-8242

Mail: P.O. Box 7070, Downers Grove, IL 60115

Email: GroupSupplementalClaimsTX@BCBSTX.com

*Vaccinations and COVID-19 testing may be included, depending on your group's policy.

For employee use. This piece is for illustrative purposes only. May not be available in all states. Coverage may be subject to limitations, exclusions and other coverage conditions contained in the issued policy. Please consult the policy for the actual terms of coverage. Wellness benefits may not be available on all plans. Child wellness benefits may not be available on all plans. Please refer to your certificate or benefit summary.

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