

# WellnessWorks

➤ Take Your Next Step Toward Wellness



We know our success begins with our wonderful associates. We also realize that the daily demands of work and life can make it a challenge to maintain a healthy lifestyle. Therefore, investing in a wellness program is important to us all.

Lucky Strike Entertainment's medical plan is self-insured through UnitedHealthcare (UHC). That means the premiums are 100% determined by the health of our associates and their dependents. Therefore, it is important for everyone to do their part to remain healthy and to be good consumers. It is also very important to remain healthy for you and your family.

We offer a discounted medical premium to associates who complete an annual preventive exam with a doctor anytime between **May 1 to April 30**.

**Don't wait to contact your doctor's office! Make an appointment now as there may be a wait before they can fit you in for a visit.**

You do not have to submit any results or forms from your doctor. UHC reports all preventive visit claims when they have been paid. We do not receive any of your medical information—only confirmation that an annual physical was completed.

## What is a Preventive Visit?

Preventive care includes routine well exams, screenings, and immunizations intended to prevent or avoid illness or other health problems. Instead of waiting for symptoms of an illness to get health care services, preventive care aims to keep you from getting sick in the first place. Talk to your primary care physician about which covered preventive services are right for you. Your age, gender, and health status determine the appropriate services for you. To find a list of preventive services for your age you can go to the UHC website at [uhc.com/preventivecare](https://uhc.com/preventivecare).

## Are There Any Costs For a Preventive Doctor's Visit?

Preventive care is covered at 100% under all of the plans offered by Lucky Strike Entertainment when you visit a provider in the UnitedHealthcare network. You have no out-of-pocket costs for preventive services. You may be required to pay some costs for the office visit if the preventive service is not the primary purpose of the visit or if your doctor bills you for the preventive services separately from the office visit. **It's important to discuss costs with your doctor before allowing them to complete any tests or labs. Only preventive care is covered at 100%.**

## Why is it Important to Have an Annual Preventive Visit?

When preventive care is combined with an overall healthy lifestyle, like eating well and exercising, you can greatly decrease your chances of getting a chronic condition. According to the Centers for Disease Control and Prevention (CDC), six in ten Americans live with a chronic disease. Three-quarters of the nation's health care costs are from treating chronic conditions like heart disease, type 2 diabetes and obesity. Often times, these chronic conditions could have been prevented by catching the conditions in

the early stages and making certain healthy lifestyle choices. If you already have a chronic condition, it's not too late. These steps can still help to control symptoms and improve your overall health.

#### Who is Eligible to Participate?

Associates and spouses enrolled in a Lucky Strike Entertainment Medical Plan.

#### How to Find a Doctor?

You can visit the UHC website and search their online directory for participating providers by following the steps below:

1. Visit [myuhc.com](https://myuhc.com)
2. Select Find a Provider
3. Select Medical Directory
4. Select Employer Plans
5. Select Choice Plus Network
6. Enter the provider name, facility, or even preventive care

#### Does My Medical Premium Decrease Further for Participating?

No. Associates who complete annual preventive visit continue to pay the current discounted rate for their medical premiums.

#### Will My Medical Premium Increase if I and/or My Spouse Do Not Complete the Annual Preventive Visit?

Yes. If you or your spouse do not complete an annual preventive visit, you will have an increase to your medical premium of \$15 weekly for individual plans and \$30 weekly for associate and spouse.

