

Preventive Care Screenings

O2B Early Education Wellness Program



**Aug
1**



**Sept
30**



WELLNESS RAFFLE

Complete your wellness exam between August 1 and September 30 to be entered into a raffle for **one of several gift cards!**

COVERED UNDER YOUR O2B EARLY EDUCATION CIGNA MEDICAL PLAN

Eligible in-network preventive care is covered at no charge!



STEP 1

Confirm your provider is in-network before scheduling.

STEP 2

State you are scheduling a preventive wellness exam.

STEP 3

Ask whether any additional services may be billed separately.

STEP 4

Use myCigna.com or the app to review your plans and digital ID cards.

Why Preventive Care Matters

Preventive care helps you stay ahead of your health by focusing on early detection, routine screenings, and everyday wellness.

- ✓ Check in on your overall health
- ✓ Identify potential concerns early
- ✓ Stay up to date on recommended screenings
- ✓ Build a relationship with your provider early
- ✓ Ask questions about medications & lifestyle goals

What Counts as Preventive Care?

Preventive care may include routine, non-diagnostic health services such as:

- ✓ Annual wellness exams or physicals
- ✓ Blood pressure, cholesterol, & diabetes screening
- ✓ Recommended age-appropriate cancer checks
- ✓ Immunizations, vaccines, & mental health screenings
- ✓ Counseling for healthy habits, nutrition, & lifestyle



Register and manage your benefits with the myCigna app anytime!

Scan the QR code to download the **myCigna® app** or visit **myCigna.com** to view a digital version of your ID card, check claims, find care, and manage benefits, right from your phone.