

Learn more about your annual Be Well Benefit

Your Unum plan pays a Be Well Benefit for one Be Well screening each year.

With the Unum Be Well Benefit, you and other covered family members can receive a valuable incentive for important tests and screenings. Many of these tests are routinely performed, so it's easy to take advantage of this benefit.

Your Critical Illness Insurance Be Well benefit is \$100.

Your Accident Insurance Be Well benefit is \$50.

BE WELL SCREENINGS

- Annual exams by a physician including sports physicals and well-child visits, dental and vision exams
- Cancer screenings including pap smear, colonoscopy
- Cardiovascular function screenings
- Cholesterol and diabetes screenings
- Imaging studies, including chest X-ray, mammography
- Immunizations including HPV, MMR, tetanus, influenza



HOW TO FILE A CLAIM

You can receive a benefit for tests that are performed after your initial coverage date.

Follow these steps:

- Online:** www.unum.com
- App:** MyUnum for Members
- Phone:** 1-800-635-5597

You will need to provide the following:

- First and last names of the member and claimant (the member might not be the claimant)
- member's Social Security number or policy number
- Name and date of the test
- Name of physician and the facility where the test was performed.



Each year, you can earn a valuable incentive just for taking care of your health. And so can each of your covered family members.

For more information, please contact your HR representative.