

# Wellness Program

**AGC Health Benefit Trust** understands the importance of a healthy workforce and is committed to providing exceptional and affordable benefits. Wellness programs are a common strategy to help combat preventable illness and chronic diseases, while simultaneously lowering risk and bending the cost curve to help keep health care costs down.

As part of the 2019 product offering, AGC Health Benefit Trust has partnered with Regence Blue Cross Blue Shield to offer access to a wellness program. By completing a preventative exam, you will be able to better understand your current health risks, as well as receive access to resources to help improve your overall health and wellbeing.

Your participation is as easy as 1, 2, 3... **Reward!**

1. **Create a personal profile at [www.regence.com](http://www.regence.com).**
2. **Complete a preventative wellness exam with your doctor by July 31, 2019. Qualifying preventative exams include:**
  - Preventive exams/services billed as office visits
    - Initial Comprehensive Visit
    - Annual Wellness Visit
    - Preventive Medicine Counseling
  - Breast Cancer Screening/Mammogram
  - Pelvic Exam
  - Colorectal Exam
  - Prostate Cancer Exam

**Reward!** Claim your \$50 gift card!

\*\*\* Employees and enrolled spouses will need to complete steps 1–2 individually to be considered eligible to claim a \$50 gift card for employees and \$25 for spouses. The redemption process may take up to 3–4 weeks as completion of required wellness tasks are verified by Regence Blue Cross Blue Shield and AGC Health Benefit Trust. \*\*\*