

# Get Paid to Stay Well



Voluntary Benefits

  
**Trustmark**<sup>®</sup>  
benefits beyond benefits

**With high-deductible health plans** being offered by more employers, you may find yourself paying higher out-of-pocket costs for your medical care.

**Your Healthy Living benefit** can help pay for one screening test, per person, per calendar year, up to your benefit's maximum<sup>1</sup>. If the results of the test require a follow-up test, you may claim an additional benefit. If you have family coverage, each family member can use the benefit as well. If your medical insurance covers these tests and exams at no cost as part of your employee wellness program, then the benefit is money in your pocket.

- Routine mammogram
- Pap smear (for women over age 18)
- Prostate Specific Antigen (PSA) for prostate cancer
- Colonoscopy
- Flexible sigmoidoscopy
- Hemocult stool specimen
- CA 125 blood test for ovarian cancer
- Carotid Doppler
- Electrocardiogram (EKG/ECG)
- CT colonography
- Human Papillomavirus (HPV) vaccination
- BRCA-1 and BRCA-2 genetic tests
- Biometric screening tests, including cholesterol and fasting blood glucose
- Whole body skin cancer test
- Breast ultrasound<sup>2</sup>

<sup>1</sup>Benefits vary; see your rider schedule for specific amount.

<sup>2</sup>Only as a follow-up test to an abnormal mammogram.



## File Your Claim

To file a claim, simply visit the following website: [www.TrustmarkVB.com/claims](http://www.TrustmarkVB.com/claims) and click "Go to Online Claims."

After entering your information, click on "File a New Claim," type in what test or service you had and select "Health & Wellness Benefits" to start your claim. You may also call **877.201.9373** for any questions about claims.

During enrollment, a benefit counselor will be available to answer any additional questions you may have. If you have questions after you receive your policy, call us at **800.918.8877**.



**You care.  
We listen.**

*Healthy Living Rider (HLR 214) is a part of Critical Illness Plan Form CII 214, underwritten by Trustmark Insurance Company, Lake Forest, Illinois. Please refer to your rider/rider schedule and outline of coverage, if applicable, for complete information. Limitations on pre-existing conditions may apply. Benefits, definitions, exclusions, form numbers and limitations may vary by state.*

<sup>1</sup> An A.M. Best rating is an independent opinion of an insurer's financial strength and ability to meet its ongoing insurance policy and contract obligations. Trustmark is rated A- (4th out of 16 possible ratings ranging from A++ to Suspended).



Underwritten by Trustmark Insurance Company  
Rated A- (EXCELLENT) A.M. Best<sup>1</sup>

400 Field Drive • Lake Forest, IL 60045

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