

# 2018 Wellness Requirement for GC Health Insurance Coverage

## Frequently Asked Questions

In 2018, our annual wellness screening for employees will now be an annual physical with your doctor, which can include screening. Below are answers to questions that you may ask about this change.

### 1. What should I tell my doctor about the purpose of my medical visit?

Call it your annual physical. This kind of physical allows employees to work with their doctor to receive the screenings relevant to their personal situation and to address their specific health concerns.

### 2. Is the visit covered under our employee health plan?

Yes, both a routine annual physical (with diagnosis code Z00.00 or Z00.01) and a pelvic exam for women (with diagnosis code Z01.411 or Z01.419) are preventive benefits that are covered at 100% under our health plan. You will not incur an expense unless you received services during the visit that go beyond a routine physical.

### 3. Are there specific tests or screenings that must be done during the physical?

No, we are not requiring any specific tests to be conducted during the physical. If lab work is ordered for any medical reason other than preventive, its cost will apply to your deductible.

### 4. Do employees or their doctors need to report anything to Goshen College after the physical?

No. There are no forms or lab results to submit. Any tests, results and/or applicable treatment plans are between you and your physician.

### 5. Where can I have my physical done in order to meet the requirement for [incentive]?

Your physical may be done by a primary care physician, a nurse practitioner, physician's assistant or at an urgent care facility.

### 6. How are covered spouses or dependents affected by this new initiative?

An annual physical for any employee spouse covered under GC health insurance, is required.

### 7. How are employees who are not covered by our health plan affected by this change?

They are not affected. This change is not applicable to them.

### 8. When must the physical be done?

The physical must be completed between July 1, 2018 and May 31, 2019.

It is not uncommon for physicians' schedules for routine appointments to be filled several months in advance. You are responsible to make your appointment in time to ensure you receive the credit for the annual physical.

### 9. How can I find out if my physical since July 1, 2017 was covered?

Your Explanation of Benefits (EOBs) claims records reflect processed medical charges can be found at [highmarkbcbs.com](http://highmarkbcbs.com).

### 10. How will Goshen College know if the annual physical requirement has been met?

When your health provider files your insurance forms, they should be using one or even several of these codes. Everence will then send us the list of employees who have had their physicals based on these codes. A report will be produced on May 31, 2018 (based on claims records) to verify which employees had an annual physical. This report will not contain any details of the visit. The report will simply verify the processing of an annual physical and will be used to determine the [incentive] for each employee.

Below are a list of procedure codes that meet the guidelines for the Annual Physical requirement:

	<b>Patient NEW to the Office</b>	<b>Patient Established w/ the Office</b>	
Office visit for Medicine ages 18-39	99385	99395	Preventive
Office visit for Medicine ages 40-65	99386	99396	Preventive
Office visit for Medicine ages 65 and older	99387	99396	Preventive
GYN exam - any age		May also use G0101	

**11. What if I have more questions?**

Please contact Human Resources.