

For those employees enrolled in the MetLife Accident & Wellness Plan please read this message in its entirety.

We realize there has been some difficulty filing the wellness claims associated with the MetLife accident plan. As advertised, this plan is designed to pay each participant on the plan \$200 for their annual health screening benefit as MetLife has put an emphasis on these exams. Any one of the below exams will qualify for the \$200 payment:

- routine health check-up exam;
- blood chemistry panel;
- chest x-rays;
- complete blood count (CBC);
- electrocardiogram (EKG); or
- electroencephalogram (EEG).

Although this plan was only marketed as an Accident plan, and that is indeed its primary function, MetLife had to bundle this plan with a stripped down Hospital Indemnity benefit for the sole purpose of creating the \$200 health screening benefit. Therefore, when filing for the health screening benefit, participants will actually receive \$100 under the Accident plan and \$100 under the Hospital Indemnity plan. Remember, these benefits are paid on a calendar year cycle, January through December.

This benefit can either be filed online, www.mybenefits.metlife.com, or by calling 866-626-3705, see attached claim instruction sheet. When filing online you will need to file each health screening benefit under the Accident and Hospital Indemnity policy. ***When filing by Telephone it is imperative that you tell the claims analyst that you had one of the above mentioned health screening exams using the exact name of the exam listed above. The wording is very important!*** Of course you can also file a paper claim form if you choose, see attached claim form.

Also, remember that if you do not have one of the above mentioned exams completed you and each participant on your plan can still receive a \$100 benefit, once each calendar year, if you have any of the exams listed below:

• biopsies for cancer;	• blood test to determine total cholesterol;
• blood test to determine triglycerides;	• bone marrow testing;
• breast MRI;	• breast ultrasound;
• breast sonogram;	• cancer antigen 15-3 blood test for breast cancer (CA 15-3);
• cancer antigen 125 blood test for ovarian cancer (CA 125);	• carcinoembryonic antigen blood test for colon cancer (CEA);
• carotid doppler;	• clinical testicular exam;
• colonoscopy;	• dental exam;
• digital rectal exam (DRE);	• Doppler screening for cancer;
• Doppler screening for peripheral vascular disease;	• echocardiogram;
• endoscopy;	• eye exam;
• fasting blood glucose test;	• fasting plasma glucose test;
• flexible sigmoidoscopy;	• hearing test;
• hemocult stool specimen;	• hemoglobin A1C;
• human papillomavirus (HPV) vaccination;	• immunization;
• lipid panel;	• mammogram;
• oral cancer screening;	• pap smears or thin prep pap test;
• prostate-specific antigen (PSA) test;	• serum cholesterol test to determine LDL and HDL levels;
• serum protein electrophoresis;	• skin cancer biopsy;
• skin cancer screening;	• skin exam;
• stress test on bicycle or treadmill;	• successful completion of smoking cessation program;
• tests for sexually transmitted infections (STIs);	• thermography;
• two hour post-load plasma glucose test;	• ultrasounds for cancer detection;
• ultrasound screening of the abdominal aorta for abdominal aortic aneurysms; or virtual colonoscopy.	

Please don't hesitate to call Gentry Financial should you have any problems.

Sincerely,

Gentry Financial Team
903-939-8133