



March 2010

# Your Health & Wellness Benefits

## What Am I Eligible For As An Employee?

Health and Wellness Benefits	Employment or Health Benefits Status					
	All state employees	Eligible for state health benefits program	COVA Care/COVA Connect Members	COVA HDHP Members	Kaiser Members	Free Benefit
<a href="#"><u>Annual check-up (physical)</u></a>			•	•	•	Yes
<a href="#"><u>CommonHealth</u></a>	• *See note	•	•	•	•	Yes
<a href="#"><u>CommonHealth health checks</u></a>	• *See note	•	•	•	•	Yes
<a href="#"><u>CommonHealth Quit For Life™ smoking cessation program</u></a>		•	•	•	•	Yes
<a href="#"><u>Disease management programs</u></a>			•	•	•	Yes
<a href="#"><u>Dental exams &amp; cleanings (preventive 2x each plan year)</u></a>			•	•	•	Yes
<a href="#"><u>Employee Assistance Program (up to 4 visits)</u></a>			•	•	•	Yes
<a href="#"><u>Annual flu shot - office visit</u></a>			•	•	•	Yes
<a href="#"><u>Annual flu shot - pharmacy</u></a>			•	•		Yes
<a href="#"><u>Prenatal program</u></a>			•	•	•	Yes
<a href="#"><u>Annual preventive screenings</u></a>			•	•	•	Yes
<a href="#"><u>24/7 Nurseline</u></a>			•	•		Yes
<a href="#"><u>Weight Watchers special pricing</u></a>	• *See note	•	•	•	•	No
<a href="#"><u>Weight Watchers 50% reimbursement (employees only)</u></a>		•	•	•	•	No

\*Contract employees cannot participate in state health and wellness programs. University of Virginia employees may participate only in Weight Watchers special pricing and are not eligible for reimbursement.