

Stay on Target

Getting a Wellness physical and doing the Health Risk Assessment can save you money!

Physical and Health Risk Assessment Instructions

BOTH MUST BE DONE BY MARCH 31!

1. Schedule a wellness physical for sometime between January 1 and March 31.
 - a. A wellness physical is completely covered. You won't even have a co-pay!
 - b. Already had a physical in the last several months? *You will need to get another one for it to count towards the deductible credit.* These physicals are based on the calendar year (January-December), so it will still be completely covered.
 - c. Details to take note of:
 - 1) Current height and weight
 - 2) Blood pressure reading
 - 3) Total cholesterol level
 - 4) HDL cholesterol level
 - 5) Triglyceride level
 - 6) Blood sugar level
 - 7) Waist measurement in inches

2. Go to www.bcbsil.com
 - a. Click "Log in"
 - b. Enter your username and password
 - 1) If needed, click the forgot user name/password link.
 - 2) If you've never been on the site, click the "Register Now" link

3. You will find the link to the Health Risk Assessment here:

MY COVERAGE

Plan Type: PPO+
Group Number: P35155
ID Number: XOF832168920

In Network Benefits

Medical Copays

EMERGENCY ROOM COPAY	\$200
LIFETIME MAXIMUM	No Limit
PREAUTHORIZATION PENALTY	\$1,000
DEDUCTIBLE PER FAMILY	\$6,000
DEDUCTIBLE PER INDIVIDUAL	\$2,000

[View medical benefits >](#)

Prescription Drug Copay

Generic - Mail	\$40.00
Generic - Retail	\$20.00
Formulary Brand - Mail	\$80.00

[View prescription drug benefits >](#)

My Medical Spending

In Network	Individual	Family
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Stay Updated

Quick Links

- [Well on Target](#)
- [Health Assessment](#)
- [Get a Temporary ID Card](#)
- [Fitness Program](#)
- [Connect](#)

[View all quick links](#)

Autism is a group of developmental disorders characterized by difficulties interacting and communicating with others.

[Learn more](#)

Form Finder

Not only will you receive credit towards your deductible, you will also earn life points for both the physical and the completing the Health Risk Assessment. These can be redeemed for all kinds of things from iPods and Fitbits and more.