



Take advantage of your Supplemental Health wellness benefit

Congratulations! You made a great decision by enrolling for Accident and Critical Illness Insurance issued by **The Prudential Insurance Company of America (Prudential)**.

→ But did you know that your coverage includes a wellness benefit¹ of \$50 for Accident and \$50 for Critical Illness Insurance, which helps you to stay healthy by rewarding you for routine health screening tests such as your routine health check-up, dental exam, mammogram, and more?² And now you can easily submit your wellness claim with documentation from your provider just by:

- Visiting www.prudential.com/mybenefits
- Or calling **844-455-1002**, M-F, 8 a.m. to 8 p.m. ET to speak with a representative.

Claim your benefit if you or a covered person received one of the covered wellness benefits listed below. For a complete list of health screening tests, please see your Outline of Coverage.

Health Screening Test

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| Biopsies for cancer | Carotid doppler |
| Blood chemistry panel | Chest x-rays |
| Blood test to determine total cholesterol | Clinical testicular exam |
| Blood test to determine triglycerides | Colonoscopy |
| Bone marrow testing | Complete blood count (CBC) |
| Breast MRI | Dental exam |
| Breast sonogram | Digital rectal exam (DRE) |
| Breast ultrasound | Doppler screening for cancer |
| Cancer antigen 125 blood test for ovarian cancer (CA 125) | Doppler screening for peripheral vascular disease |
| Cancer antigen 15-3 blood test for breast cancer (CA 15-3) | Echocardiogram |
| Carcinoembryonic antigen blood test for colon cancer (CEA) | Electrocardiogram (EKG) |
| | Electroencephalogram (EEG) |



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| Endoscopy | Serum protein electrophoresis |
| Eye exam | Skin cancer biopsy |
| Fasting blood glucose test | Skin cancer screening |
| Fasting plasma glucose test | Skin exam |
| Flexible sigmoidoscopy | Stress test on bicycle or treadmill |
| Hearing test | Successful completion of smoking cessation program |
| Hemoccult stool specimen | Tests for sexually transmitted infections (STIs) |
| Hemoglobin A1C | Thermography; |
| Lipid panel | Two hours post-load plasma glucose test; |
| Mammogram | Ultrasounds for cancer detection; |
| Oral cancer screening; | Ultrasound screening of the abdominal aorta for abdominal aortic aneurysms |
| Pap smears or thin prep pap test | Virtual colonoscopy. |
| Prostate-specific antigen (PSA) test | |
| Serum cholesterol test to determine LDL and HDL levels | |

1 The Wellness benefit is payable once per calendar year, per covered person, if the covered person receives a covered health screening test while not confined in a hospital.

2 The Screening/Wellness benefit is not available in all states.

Group Accident, Group Critical Illness and Group Hospital Indemnity Insurance coverages are limited benefit policies and are not substitutes for medical coverage that provides benefits for medical treatment, including hospital, surgical and medical expenses, and they do not provide reimbursement for such expenses. Group Insurance coverages are issued by The Prudential Insurance Company of America, a Prudential Financial company, Newark, NJ.

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