

## **Annual Preventative Wellness Visit Q&A**

### **What type of documentation is expected with the Wellness visit requirement for this upcoming 2025-2026 benefit year?**

No documentation is required. All medical information is stored securely in Anthem through your claims.

### **What do I do if the doctor I see does not take WCSD health insurance?**

We will have a form available for you on the WCSD wellness website for you to submit. Please make sure to check your email for updates.

### **When do I need to see the doctor?**

You must have an annual wellness visit completed between January 1, 2025, and December 31, 2025, to be eligible for the discount

### **Can I see my GP or OBYGN for the wellness visit?**

Yes, the doctor that completes your annual wellness visit and annual labs are eligible. However, we highly encourage that you have a primary care provider on file.

### **How can I schedule an appointment?**

You can use the Sydney Health App to find a provider in network. You can also schedule a virtual appointment in the Sydney health app.

### **What is the cost of the appointment?**

If you schedule an “Annual Preventive Appointment” with an in-network provider, the cost will be free. It is important to note that this visit is not meant for diagnosing or treating new or existing conditions. If additional concerns are addressed during your appointment, they may be billed separately and may not be fully covered under preventative care. Contact the number on the back of your insurance card for coverage details.

### **What if I completed my annual visit at the beginning of the year?**

You are eligible, the claim will be stored in Anthem.

### **What if I completed my annual visit prior to being on WCSD insurance?**

We will have a form available for you on the WCSD wellness website for you to submit. Please make sure to check your email for updates.

### **What are my options if I cannot get an appointment with a provider?**

We will be having the Wellness Screening at a variety of different WCSD sites in the fall. You can complete a screening in place of a wellness visit. However, we still recommend getting established with a primary care provider (PCP) that way moving forward you will have the ability to complete your annual wellness visit easier.

### **In the past, school nurses were able to do my screening, is that an option?**

Currently, no we are asking that you schedule with a provider.

### **What labs should I ask my provider for?**

An annual preventative lipid panel is covered by WCSD, we have a helpful form on our website that can help guide your conversation with your PCP if you'd like to use it. It is not required to be filled out, unless you'd like it for your personal use. You can find the form [HERE](#)

### **Do I need to complete anything else other than the wellness visit to receive the discount?**

Yes, the annual Health Assessment is required to be completed between September 1 and December 1. It is a 4-minute reflection on your health. This information will be emailed out at the beginning of the year.

### **If I am hired after August 1, do I need to complete the annual wellness visit?**

If you are hired on August 1 or later, you are not required to complete the annual wellness visit or the health assessment. You will automatically receive the discount for the next year. However, we encourage you to try to complete the visit and/or a wellness screening that way you are established and get in the practice of understanding what is required

### **Why am I being asked to complete an annual wellness visit?**

This is part of our health plan preventative care initiative. These visits help identify potential health issues early, promote overall well-being and can lead to lower healthcare costs for both employees and WCSD. We want to be able to offer a reduced premium for employees and support a proactive approach to healthcare.

### **Does my spouse and/or my dependents need to complete the annual wellness visit?**

We encourage that everyone completes the annual wellness visit, however, only you and your spouse are eligible for the discount. The employee is eligible for a \$40 a month discount and the spouse the eligible for a \$40 a month discount.

<b>Person Insured</b>	<b>Who needs to complete</b>	<b>Monthly Discount</b>
Employee Only	Employee	\$40.00
Employee + Spouse	Employee + Spouse	\$80.00
Employee + Spouse + Children	Employee + Spouse	\$80.00
Employee + Children	Employee Only	\$40.00