



Delta Health System is pleased to offer the following wellness benefits and immunizations at 100% coverage to all members covered under the medical plan.

*****You must receive services from a Regional Health Network provider in order for these services to be covered. To find an in-network provider, visit <http://www.deltahealthsystem.com/Employee-Portal/Employee-Benefits/The-Regional-Health-Network.aspx>.***

WELLNESS BENEFIT

Benefit is based on the following Age/Sex Parameters. Services must be rendered by a Network Provider in that Provider's clinical setting.

- Available to All Ages:
 - Preventive Medicine Evaluation
 - Hemoglobin, hematocrit or CBC
 - Urinalysis
 - Immunizations (see schedule under Medical Care Coverage, Immunizations)

- Ages 2 and up
 - Blood Pressure
 - Glucose
 - Lipid Profile

- Females Ages 12 and older
 - Breast exam
 - Pap smear and pelvic exam

- Females Ages 18 and older
 - Mammogram
 - Stool for occult blood
 - Flexible sigmoidoscopy (once every five years) OR
 - Colonoscopy (once every 10 years)

- Females Ages 50 and older
 - Bone Density (once every three years as medically necessary)

- Males Ages 18 and up
 - Prostate specific antigen with digital rectal exam
 - Stool for occult blood
 - Flexible sigmoidoscopy (once every five years) OR
 - Colonoscopy (once every 10 years)

IMMUNIZATIONS

Under the Wellness Benefits, Immunizations are covered as follows:

| Age | |
|--------------------|---|
| Birth - 2 Years | Hepatitis B (Hep B) Diphtheria, Tetanus, Pertussis (DTap) Haemophilus influenza type b (Hib) Inactivated Polio (IPV) Measles, Mumps, Rubella (MMR) Varicella Pneumococcal (PCV) Hepatitis A (Hep A) Rotavirus (Birth – 9 months) Meningococcal |
| 3 - 11 Years | Hep B DtaP/Tdap/Td booster IPV MMR Varicella PCV Hep A Human Papillomavirus (HPV) beginning at age 9 Meningococcal |
| 12 - 17 years | Hepatitis B Tdap/Td booster MMR Varicella PCV/PPV Hep A HPV Meningococcal |
| 18 years and older | Hep B DtaP/Tdap/Td booster MMR Varicella PPV Hep A HPV before age 27 Meningococcal (up to age 55) Shingles (age 50 and older) |