



WELLNESS CARE

HOW TO MANAGE YOUR WELLNESS CARE

📞 703-660-9062

✉️ epi@visitinsurance.com

WHAT IS WELLNESS CARE?

Wellness Care is Annual Routine health care that includes screenings and check-ups to prevent illnesses, disease, or other health problems. Each screening is covered one time per policy year. EPI Teacher Policy Year is July 1 - June 30. J-2 Dependent Policy Year is based on the actual date their policy started.

Wellness Care operates distinctly from the Accident/Illness coverage. The other pages in this User Manual refer to procedures for using Accident/Illness coverage unless Wellness Care is specifically mentioned.

WHAT IS COVERED?

\$500 MAXIMUM Policy Period Coverage
You **MUST** use a **UnitedHealthcare Doctor to be eligible for coverage**. Prices noted below are average In-Network costs for services; your actual costs may vary.

- **Annual Wellness Exam - \$150** average cost
- **TB Test - \$70** average cost
- **Vaccinations - \$100** average cost
- **Mammogram - \$200** average cost
- **PAP Smear - \$150-250** average cost
- **PSA – Prostate Specific Antigen Blood Test - \$100-\$300** average cost

To avoid out-of-pocket expenses, be sure to discuss with your Doctor the procedures that are covered by your plan and your maximum coverage of \$500.

Wellness Care is not subject to the Annual Deductible or Coinsurance!

HOW TO MANAGE YOUR WELLNESS CARE

- Only use a **UnitedHealthcare In-Network** Doctor. For a list of doctors, please go to: <https://www.whyuhc.com/us1>
- **Plan ahead.** Your policy covers a Maximum of \$500 per Policy Year for Wellness Care. Be sure to discuss with your Doctor what is covered by your plan **BEFORE** your appointment to avoid large out-of-pocket expenses.
- Do **NOT** use a Hospital for your Wellness Care.
- **Urgent Care** and **Walk-In Clinics** can provide many of the Wellness Care services at a reduced price.
- Consider having some of your Wellness screenings in your home country.

WHAT IS NOT COVERED?

Wellness Care received outside the UnitedHealthcare Network or which exceeds \$500 per Policy Year will NOT be covered and will be YOUR responsibility to pay to your Doctor's Office. The following are NOT included in the Wellness coverage:

- Birth control
- Colonoscopy
- Mental Health Assessment
- Vaccinations for travel purposes
- A full labwork panel can cost up to \$2,000 and will be at your expense. Be sure to review the costs with your Doctor prior to your visit.

Questions About Your Coverage?

Contact: VISIT® Health Insurance
Phone: 703-660-9062
Email: epi@visitinsurance.com