

# IT'S NOT TOO LATE!

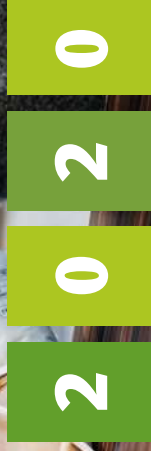
## DON'T FORGET YOUR YEARLY EXAM

Living a healthy life starts with preventive care. It's the early warning system that can help you avoid illnesses and help your doctor detect problems even before you notice symptoms.

Getting your annual preventive medical exam is the first step in minimizing your health risks. Even better, the cost of these visits are 100% covered (in-network) by all of our medical plans. You don't even have to meet your deductible first!

To schedule your preventive exam, be sure to:

- Verify that your doctor is in your medical plan's network. Visit [www.mycigna.com](http://www.mycigna.com) or [www.mykelseyonline.com](http://www.mykelseyonline.com) to check.
- Check with your doctor's office to confirm it was during the previous calendar year that you had your last annual exam.
- Tell them you want to schedule a preventive exam, and ensure that they know to bill it that way.



# PRACTICING PREVENTION IN THE AGE OF COVID-19

These days, everyone is focused on staying healthy. The following tips from the Centers for Disease Control (CDC) and World Health Organization (WHO) can help you keep you and others well.

- **Stay home.** The best way to prevent illness is to avoid being exposed and exposing others. Especially avoid crowded places.
- **Wash your hands.** Use soap and water for at least 20 seconds, especially before cooking or eating, before touching your face, after being in public and after using the restroom. If you don't have soap and water, use hand sanitizer containing at least 60% alcohol.
- **Distance and cover.** When you're outside your home, keep six feet of distance between yourself and others. Everyone over the age of two should wear a cloth face covering over their nose and mouth.
- **Use good hygiene.** Cover your mouth and nose with a tissue when you cough or sneeze and wash your hands immediately. Clean and sanitize high-touch surfaces regularly.

**If you are feeling ill, whether you suspect coronavirus or not, remember that all our medical plans cover telemedicine visits. Get medical advice quickly without going to the doctor's office for non-emergency issues. For more information on your medical plan's coverage, visit [www.mycigna.com](http://www.mycigna.com) or [www.mykelseyonline.com](http://www.mykelseyonline.com).**

