



Wellness Wednesdays

For questions about your benefits, please email: benefits@wakendall.com

Final Reminder to Anthem Members who have the 6500 plan with a Health Savings Account (HSA)!

If you want to receive the remaining quarterly deposits of \$125 into your Health Savings Account with Chard Snyder, you need to complete your annual physical with your Primary Care Provider (PCP) and submit your proof of annual physical form by **JUNE 1, 2025**.

You can find your annual physical form in your wellness portal and mobile app within the Wellness Locker. Your Wellness Program Guide can be found [here](#). It provides more details on how to submit your form. The annual physical form can be found on page four.

June is Men's Health Month

Next month is Men's Health Month! Here are five ways that you or the men in your life can make small changes that lead to big differences in how you can feel every day.

1. Receive regular checkups
2. Recognize depression
3. Seek support for depression
4. Eat smart
5. Improve your overall lifestyle

Click [here](#) (for Spanish, click [here](#)) to learn more about why these are the top five things men can do

Summer is Coming, Protect Your Skin!

Be sure to remind your loved ones (and yourself!) to apply sunscreen and wear protective hats and attire. Since a large portion of our team members are outside for many hours every day, it's important to keep your skin protected and

to stay healthy!

prevent damage down the road.

Benefits 101

Want to better understand what an insurance network is? Click below to watch this video.



Do you have the Critical Illness Benefit? If so, you can earn \$50 cash!

For those of you who have the Critical Illness benefit through Lincoln Financial, you can earn \$50 cash back for staying current on important health screenings, not only you but your family too! All you need to do is file a [claim online \(Spanish version\)](#) or by phone.

Here's how it works:

Health Assessment Benefit Claim (By Phone: 800-423-2765)

- What employees will need:
 - Employer name
 - Employee:
 - Name
 - SSN
 - Address
 - Phone number
 - Email
 - Policy number
 - Patient's name & birthday
 - Payment preference
 - Test performed
 - Physician Info:

Claim Submission Options - download form [here \(Spanish version\)](#)

Claim Type	Phone	Online Portal	Email	Mail	Fax
Health Assessment	Y	Y	Y	Y	Y
Accident	X	Y	Y	Y	Y
Critical Illness	X	Y	Y	Y	Y
Hospital Indemnity	X	Y	Y	Y	Y

Claims Process

- Claim reviewed within 3-5 business days
- If more info is needed, Lincoln will reach out
- If claim is approved, benefits will be paid out as outlined in company policy

How Claims Are Paid:

- Disability (STD & LTD) – Employees choose if they want their payment by check or direct deposit.

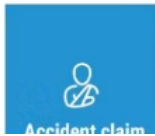
- Name
- Specialty (Field)
- Phone Number
- Fax Number
- Address

Do you have other benefits with Lincoln such as Accident coverage or Hospital Indemnity? If so, below is some additional information on **How to File a Claim:**

1. Go to LincolnFinancial.com. If it's your first time, click Register and create an account.
2. Choose the type of coverage you're claiming for: Accident, Critical Illness, or Hospital Stay.
3. Find the Claims section and click Submit a Claim.
4. Answer the questions and upload any documents they ask for (like medical papers).
5. Review everything and hit Submit.
6. You can check your claim status anytime at LincolnFinancial.com.

- Short-Term Disability (STD) pays weekly
- Long-Term Disability (LTD) pays monthly
- Supplemental Health (SH) – Employees can get paid by check or direct deposit.
- SH Health Assessment Benefit (HAB) – Paid by check only.
- Dental – Payment goes straight to the dentist or provider.
- Life Insurance – Paid to employee's beneficiary (the person they chose).
- Beneficiary can get it by check or put it into a temporary savings account while they make decisions.
- With paperwork, it can also be paid directly to a funeral home.

Required Information for each Claim (Spanish):



- | | | |
|---|--|--|
| ▪ Employer | ▪ Patient's information and relationship to employee | ▪ Payment preference, either check or direct deposit |
| ▪ Group policy number | ▪ Reason for claim | ▪ Authorization for release of information |
| ▪ Employee's information: <ul style="list-style-type: none">– Name and birthdate– Address, phone number, | ▪ Accident details: <ul style="list-style-type: none">– Date | ▪ Physician's statement and |

Boosting Your Benefits

24/7 Nurse Lines Available at No Extra Cost

Anthem members, there are FREE resources at your fingertips for your well-being no matter what stage of life you're in. For 24/7 support, these programs offer resources:

- ConditionCare
 - For chronic conditions (such as asthma, diabetes, COPD, or heart diseases) that need more attention
 - 24/7 phone access to nurses – Phone number: 866-960-0812
 - Educational guides and tools to learn more about your condition
- Future Moms
 - 24/7 access to nurses who will answer questions and check on you throughout your pregnancy, call 800-828-5891
 - A free copy of Mayo Clinic Guide to a Healthy Pregnancy
 - Phone access to pharmacists, nutritionists, and other specialists
 - And much more!
- 24/7 Nurse Line
 - For any health concerns that come up whether it's allergies or your kid spike a fever, call 800-337-4770

To learn more, click [here](#).

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