2027 Wellness Initiative Discount Requirements

The following outlines the requirements to qualify for the **2027 Wellness Initiative Discount** on your medical insurance premiums.

How to Qualify

To receive the wellness discount:

• You must complete an annual wellness exam between **January 1, 2026, and November 30, 2026.**

• If your **spouse** is covered under the University's medical plan, they must also complete an annual wellness exam during the same period.

Step 1 – Schedule and Complete an Annual Wellness Physical

Your wellness physical must:

- Be conducted by a **licensed healthcare provider** (MD, DO, PA, or NP).
- Be performed in one of the following specialties: **Family Medicine, Internal Medicine, or OB/GYN.**
- Occur within the designated timeframe **(January 1 – November 30, 2026).**
- Focus on **preventive care only**. Treatment for chronic or acute conditions may be billed separately and is **not** part of the wellness incentive.

Step 2 – Choose a Provider

If you need assistance finding a provider, consider these resources:

- **SSM Health Website:**
  Find Tier 1 providers by location, specialty, and availability.
  https://www.getcare.ssmhealth.com

- **SLUCare Website:**
  Access a directory of SLUCare providers affiliated with Saint Louis University, including contact information and areas of expertise.
  https://www.slu.edu/slucare.com

- **Employee Well-Being Support:**
  Contact the University's wellness coordinator at employeewellbeing@slu.edu.com for assistance in scheduling an appointment with a Tier 1 provider.

- **Virtual Primary Care:**
  Connect remotely with a primary care physician (PCP) through myuhc.com or the UnitedHealthcare® app. Your PCP can assist with preventive care, annual checkups, and managing chronic or complex conditions.

Step 3 – Complete Your Visit and Confirm

Completing your annual wellness physical by **November 30, 2026**, ensures your wellness discount will be applied to your **2027 medical insurance premiums**.
After you complete your wellness exam, your provider will submit the claim to UnitedHealthcare. Once the claim is processed, UnitedHealthcare will notify our team of the completion, and you will receive an email confirming your wellness discount."

For questions about scheduling, eligibility, or documentation, please contact:
employeewellbeing@slu.edu or benefits@slu.edu