



JPOFFHIT

Jacksonville Police Officers & Fire Fighters
Health Insurance Trust

How To Earn Free Money From Your Unum Critical Illness Plan

You are eligible to receive free money through Unum's Be Well Benefit for completing preventive tests and screenings.

The Jacksonville Police Officers and Fire Fighters Health Insurance Trust (JPOFFHIT) offer three supplemental plans through Unum - Accident, Hospital Indemnity, and a Critical Illness plan. In addition to the peace of mind these plans provide, the Unum Critical Illness Plan also allows you and your family to earn \$50 per enrolled member for completing routine preventive tests and screenings.

This document provides information on what types of services can be claimed for the Be Well Benefit and how to submit a claim.

Most Common Tests and Screenings	
<ul style="list-style-type: none"> • Blood tests for cholesterol and glucose levels • Immunizations, including influenza, HPV, MMR, and tetanus • Cancer screenings, including pap smear, mammography, and colonoscopy • Annual exams by a physician, including sports physicals and well-child visits 	<p>JSO Life Scans and JFRD Health and Wellness Physicals are eligible for Unum's Be Well \$50 benefit</p>
Other Tests and Screenings	
<ul style="list-style-type: none"> • Bone marrow aspiration or biopsy • Breast ultrasound • CA 15-3 (blood test for breast cancer) • CA-125 (blood test for ovarian cancer) • CEA (blood test for colon cancer) • Carotid Doppler • Chest X-ray • Echocardiogram • Electrocardiogram • Fasting plasma glucose (FPG) 	<ul style="list-style-type: none"> • Flexible sigmoidoscopy • Hemoglobin A1C (HbA1c) • Hemocult stool analysis • PSA (blood test for prostate cancer) • Serum protein electrophoresis (blood test for myeloma) • Skin cancer biopsy • Stress test on a bicycle or treadmill • Thermography • Thin prep pap test • Two hour post-load plasma glucose

How to File a Claim:



1. Gather the details of your screening.

Be sure to include the name of the test and the date performed.



2. File your claim.

You can do this online on www.unum.com, by mail with a paper claim form, or over the phone. Call 1-800-635-5597 for assistance.



3. Collect your money.

You can setup a direct deposit through your Unum online account. Or a check will be mailed to you if you filed a claim by mail or by phone.