healthy choices



live well. be well.

## Preventive HEALTH In-Network



WWW 655HW ORG

Looking for a Primary Care Physician Simply scan the QR code to visit our website. Out-of-Network Plan pays 60% of allowable charges after deductible

100%

Preventive services help you stay healthy, detect health problems early, determine the most effective treatments, and prevent certain diseases. Preventive services include exams, vaccines, lab tests, and screenings. They also include programs for health monitoring, and counseling and education to help you take care of your own health.

#### It can save your life.

Preventive services, like cancer screenings, can find problems before you have symptoms.

It can stop you from getting sick.

At times, preventive care can even keep health problems from developing altogether.

### It can give you peace of mind.

Regular checkups give you the chance to share concerns and ask questions about your health and to get the support you deserve.

September 2023 Wellness Flyer Newsletter:

chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://www.mtu.edu/hr/current/benefits/docs/preventive-services.pdf

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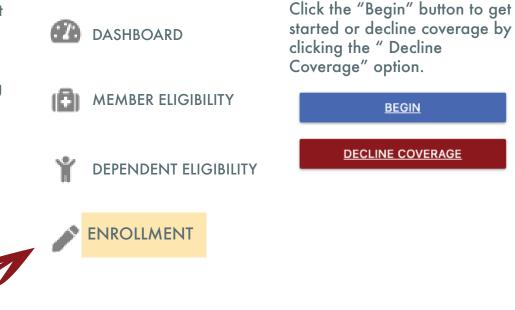


Scan to visit Participant Portal

## September 1st, 2023 through October 31st, 2023

Visit your Participant Portal login at 655hw.org. If you have not logged in you will need to register a new account and complete the activation process before accessing the **Participant Portal.** This step must be completed before you can complete your 2024 Digital Open Enrollment.

Once registration is complete you can access your 2024 Open Enrollment digital form from your Dashboard under the **Enrollment tab.** 



IF YOU DO NOT HAVE ACCESS TO COMPLETE THE DIGITAL FORM CONTACT OUR OFFICE. If you have questions as to what is applicable to you and/or need to verify if we

have your birth certificates and marriage license on file, please call the Fund Office at 314.835.2700 or 1.866.565.2700.