

Scheduled Benefit Accident Insurance

Understanding your wellness benefit



Policy #:

Policyholder:

When using My Group Online (MyGO) for the first time, please use the policy information above to self-register.

Your wellness benefit amount:

You can't predict when an accident may occur, but keeping tabs on your overall health can help you prepare for the unexpected. Fortunately, through your accident insurance policy, you can receive a financial benefit for being proactive about your health and your family's.

After completing one of the following preventive screenings, submit a claim through your MyGO account to automatically receive a wellness benefit.

Eligible preventive screenings

- Abdominal aortic aneurysm ultrasonography
- Baseline testing for concussion
- Blood test for lipids, including total cholesterol, LDL, HDL and triglycerides
- Bone density screening
- Bone marrow testing
- Breast MRI
- Breast ultrasound
- CA 15-3 blood test for breast cancer
- CA 125 blood test for ovarian cancer
- Carotid Doppler
- CEA blood test for colon cancer
- Chest X-ray
- Child sports physicals
- Colonoscopy or virtual colonoscopy
- COVID-19 (PCR, rapid, antibody)
- CT angiography
- Electrocardiogram
- Fasting blood glucose test
- Flexible sigmoidoscopies
- Mammograms
- Pap test
- Prostate-specific antigen (PSA) test
- Serum cholesterol test to determine level of HDL and LDL
- Stress test on a bicycle or treadmill
- Testicular ultrasound
- Thermography
- ThinPrep Pap test

Contact us:

sbclaims@symetra.com
symetra.com/MyGO

Call

Monday–Friday

Fax:

Mailing address:
 P.O. Box 440
 Ashland, WI 54806

[Continued >](#)

Frequently asked questions

How do I let Symetra know I've completed a preventive screening?

Log in to www.symetra.com/MyGO using your policy information above to create an account. Once your account is created, click **Submit my claim**. Choose **Select Benefits** as the claim type and select **Lab/test** for the type of service. You can upload documentation from a desktop computer or take photos on your mobile device.

What information will MyGO ask me for?

You will be asked to submit the date of service, your name, address and contact number. Documentation needs to include the provider name, patient name, date of test and the exam performed.¹

Is there another way to file my wellness benefit claim?

Yes. You can also send claims by email, mail or fax. Please use the contact information on the first page and we'll be happy to assist.

Who can receive a wellness benefit?

This benefit is available to covered employees and their spouses

How often can I receive a wellness benefit?

This may vary. Please refer to your policy information or call Symetra to confirm how often you can file a wellness benefit claim.



Symetra Life Insurance Company
777 108th Avenue NE, Suite 1200
Bellevue, WA 98004-5135
www.symetra.com

Symetra® is a registered service mark of
Symetra Life Insurance Company.

Accident coverage, insured by Symetra Life Insurance Company, 777 108th Ave NE, Suite 1200, Bellevue, WA 98004, is not available in all U.S. states or any U.S. territory. It pays a fixed amount and does not cover losses due to sickness, nor does it cover the cost of all hospital and medical services. It is not a replacement for major medical or other comprehensive coverage and does not satisfy the minimum essential coverage requirements of the Affordable Care Act. Certificate form number is SBC-03515 1/18.

Coverage may be subject to exclusions, limitations, reductions and termination of benefit provisions. For costs and complete details of the coverage, call your HR or benefits representative.

THIS POLICY IS ISSUED AS AN ACCIDENT-ONLY POLICY. IT DOES NOT PAY BENEFITS FOR LOSS CAUSED BY ILLNESS.

¹ If your policy was issued in CA or PA, please upload the actual bill and the Explanation of Benefits (EOB) from your health insurance carrier.