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Office of Employee Benefits News Release

Improved Colonoscopy Coverage in the Wellness and Prevention Benefit

Effective September 1, 2008, the University of Texas System will expand your Wellness and Prevention benefit to include 100% colonoscopy coverage under the UT SELECT Preventive Care Program. This means that a colonoscopy performed by a network physician at a network facility will now be available at no cost to you.

The University of Texas System- "Living Well: Make it a Priority" Worksite Health & Wellness program was established in 2007 to encourage all employees, retirees and dependents to reach their full potential and maintain the productivity necessary to meet the challenges of work and life. Our goal in providing a variety of programs, tools and resources is to enable you to take charge of your health and to develop your own personal wellness program utilizing all programs and services available through both UT System Institutions and our plan vendors.

UT SELECT Wellness and Prevention Benefits

Preventive Care Benefit	Network Out-of-Pocket Cost	Non-Network Out-of-Pocket Cost
Routine Physical Exam* Well-woman Exam* Well-child Exam (under age 2) Prostate (PSA) Screening Immunizations (over age 6)	\$25 Copayment Family Care Physician \$30 Copayment Specialist Plan pays remainder	\$500 individual plan year deductible plus 40% of the allowable amount for covered services**
Immunizations (up to age 6) Routine Mammograms* Colonoscopy Osteoporosis Screening	No out-of pocket costs; plan pays 100%	\$500 individual plan year deductible plus 40% of the allowable amount for covered services**
<p>Note: Chart illustrates In-Area benefits which apply to plan participants residing in Texas, New Mexico and Washington, D.C. For plan participants residing Out-of Area, your out-of-pocket cost for preventive care services will be subject to a \$250 individual plan year deductible, plus 25% of the allowable amount for covered services.</p>		
<p>* Services limited to one per person per plan year ** Payment for non-network services is limited to the allowable amount as determined by Blue Cross and Blue Shield of Texas. Any charges over the allowable amount are the patient's responsibility and are in addition to deductible, coinsurance and out-of-pocket maximums. ParPlan providers accept the allowable amount.</p>		



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Other tools currently available include:

- Personal Health Manager (PHM) Physical Activity Tracker Tools;
- Free Nutrition and Weight Management Tools;
- Free Online/Telephonic Tobacco Cessation Programs;
- Free Prenatal Education Programs and Resources;
- Free Employee Assistance Program;
- Online/Telephonic Life Coach Support;
- System-Wide Physical Activity Challenges.

Your UT SELECT plan is committed to providing the tools and resources to help you to take responsibility for your own health and well-being. The Wellness Program has many robust features to help achieve that goal. Further information about the programs listed above and more can be found at

<http://www.utsystem.edu/benefits/Health/homepage.htm>.