

Benefits Update



Complete Your Wellness Requirement and Pay Less for Medical Coverage

Michael's offers you and your spouse/domestic partner an opportunity every year to pay a lower medical premium. Simply complete the required wellness activity and avoid the medical premium surcharge each month.

How Much Can You Save?

If you and your spouse/domestic partner are enrolled in a Michael's medical plan with coverage beginning on or before March 1, 2024, you **both** must complete an annual physical between July 1, 2023 and June 30, 2024, to avoid a **\$30 per person, per paycheck surcharge** on your 2024-2025 medical premiums. That's it — remember, lab work is no longer required to receive the lower premiums.

- If you are covered by a BCBSTX plan, there are no forms to complete. Just make your appointment and get your physical exam by the deadline if you haven't already.
- If you are covered by a Kaiser plan or if you had your physical BEFORE your Michael's BCBSTX coverage began, you'll need to submit a form through the [US Wellness website](#).

Why are you getting this email?

Our records indicate that as of April 18, 2024, you and your spouse/domestic partner had not yet completed an annual physical. This is the only requirement needed to avoid the medical plan surcharge for the 2024–2025 plan year. We strongly suggest you and your spouse/domestic partner complete a physical by the June 30, 2024 deadline to pay less for your medical coverage.

Where Can You Get Your Annual Physical?

You can get an annual physical or wellness exam through your primary care physician (PCP) or, if you are enrolled in a BCBSTX medical plan, you can get a virtual checkup through Catapult Health. Michael's provides a convenient annual checkup at no cost to you using the Catapult Health VirtualCheckup Home Kit.

- All covered Team Members and covered spouses can each [register for a Home Kit](#).
- Getting a FREE preventive health checkup has never been easier, and a Catapult virtual exam counts toward your wellness requirement!
- Once you complete your Home Kit, you will review your results with a board-certified Nurse Practitioner via a virtual consultation and develop a personal action plan.
- The cost of your VirtualCheckup is covered 100% by Michaels.

If you're a Kaiser plan member, once you have scheduled your wellness exam with your PCP, print the Physician Form and take it to your appointment.

How Can You Check the Status of Your Physical Exam Requirement?

If you are enrolled in a BCBSTX plan, your wellness exam claim will automatically be processed by BCBSTX after your appointment. Once processed, your exam completion status will be reflected in the Well onTarget section of the Blue Access for Members portal.

Kaiser members should upload the completed Physician Form to the [US Wellness website](#) by June 30. You can upload the form using your desktop, tablet, or mobile device. Receipt of your form will be confirmed within two (2) business days to the email address provided at the time of upload. Be sure to get your annual physical by the June 30, 2024 deadline and save!

Your physical is covered 100% when you use a network doctor. It can help determine your health status, provide early intervention and prevention of health risks, and keep more money in your pocket during the year.

Is Our Information Correct?

We know sometimes there are delays in information getting updated. So, if you feel our records are not up to date, you can let us know and we will investigate. Just complete the [Wellness Requirement Verification](#) form on the [MIKBenefits.com](#) website.

Questions About Benefits?

Find details about all your Michaels benefits by visiting [MIKBenefits.com](#), 24/7. Information is available in English and Spanish.