



December 16, 2021

Re: Wellness Program

Dear Team Member,

You and your covered spouse have an opportunity to participate in the Wellness Program and save up to \$12.50 per week for you or \$25.00 per week for you and a covered spouse. You and your spouse may qualify for the Wellness Program discount by following these steps:

- Step 1 – Make an appointment with your doctor to complete the Wellness Verification Form 2022 (enclosed). Tell your doctor's office you will need your annual wellness check (the medical plan does not limit members to one time a year for a wellness check. You can go multiple times throughout the year).
- Step 2 – Send the completed Wellness Verification Form 2022 to the Benefits Team via fax (806) 791-6341 or email to [totalbenefits@unitedtexas.com](mailto:totalbenefits@unitedtexas.com)

The Wellness Verification Form 2022 can be found online at [www.unitedfamilybenefits.com](http://www.unitedfamilybenefits.com) under wellness.

You can take this action anytime throughout the plan year (January 1 – December 31), but the discount will not start until your Wellness Verification Form 2022 has been received by the Benefits Team.

If you have any questions, please call the Benefits Department at (806) 791-0220, toll-free at (888) 791-0220.

Respectfully,

Benefits Team