**Ready-to-send email:**

**Subject:** Don’t pass up on FREE preventive care.

**Copy:**

We want all our employees to be as healthy as possible, so we wanted to quickly highlight an important aspect of your health insurance plan with Excellus BlueCross BlueShield that can help keep you and your family in good health and help reduce costs: preventive care.

Preventive care consists of services that help catch potential issues early before they develop into more serious health conditions. Things like routine checkups, screenings, and immunizations can fall under preventive care. And preventive services are **covered in full** by our health plan.

See attached resources to learn more ways you can get the most value out of your plan.

* Your PCP should always be your first call and is usually the most affordable option.
* Shop around - use the cost estimator tool to compare costs at different providers.
* Make sure your doctor is in network - use the [Find a Doctor](https://www.excellusbcbs.com/find-a-doctor/provider) tool to check.
* Treat health concerns early -- take advantage of things like physical therapy to keep conditions manageable without costly surgery.
* Take advantage of the care management support and free 24/7 nurse call line - we can help you understand your options and navigate the health care system – at no additional cost.
* Download the Wellframe® app which gives you instant access to a dedicated care manager, dietitians, nurses and other health care professionals to help you meet your health and wellness goals.

[Signoff],