



At Hamra, we want you to take charge of your health! All employees, and covered spouses on the Anthem BCBS plan, can meet the Wellness Exams requirement by completing an annual physical between **January 1 and December 31, 2026**. As a thank-you, each participant will receive a Hamra-branded tumbler. On a different medical plan? No problem — complete your annual physical and you'll qualify too. We're happy to support your health journey!

Section I: To Be Completed by Patient (Please print all information)

Patient First Name: Patient Last Name:

Street Address:

City: State/Zip:

Work Phone: Alternate Phone:

Gender: Male Female

Date of Birth:

Section II: To Be Completed by Medical Physician or provide a copy of your EOB/Visit Summary

Examination Date:

Physician's Name (Print):

Physician's Address: State/Zip:

2026 Wellness Exam Incentive

in partnership with Marsh McLennan Agency



Attention Hamra Employees

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Schedule an appointment between *January 1 – December 31, 2026*, with a primary care provider for a wellness exam/physical. Please include screening tests appropriate for your age and gender. Your provider can help you to identify the best screenings for you. These results will help your doctor identify health problems early, plus lower your risk for heart disease, stroke, diabetes, and cancer.

Screenings May Include:

BMI and Blood Pressure
Colorectal, breast, PSA, and cervical cancer screenings
Glucose
Total Cholesterol



Have your **primary care provider** fill out the 2026 Wellness Exam Incentive Form that is included, or provide a copy of your EOB/Visit Summary. You can also obtain the form from **Beekeeper** or on **Hamra's Wellness Website**

*Deadline to submit forms is the **30th of each month.***

*Rewards will be distributed by the **15th of the following month.***

Upload the Completed Wellness Exam Form or a copy of your EOB/Visit Summary to the link below:

[Wellness Exam Forms](#)

The SydneySM Health mobile app gives you 24/7 access to your benefits, claims information, and ID cards. Plus, you can use it to find doctors, set up a **virtual primary care visits, track your health, and receive important information about your plan.**

**If you have other questions about the Wellness Exam option, please contact Human Resources*