

BENEFITS NEWS

March 2023

IMPORTANCE OF PREVENTIVE CARE



Preventive care has been proven to be valuable for disease and illness prevention. Through early detection of disease or illness, you can avoid or reduce long-term health risks.

There are 3 levels of preventive care:

- Primary prevention - intervening before health issues occur
- Secondary prevention - screening to identify diseases early
- Tertiary prevention - managing diseases after diagnosis to slow progression

Preventive screenings and immunizations are covered under all 3 of Powell's medical plans at 100% - not subject to the deductible. Make preventive care a priority and follow the [adult](#) and [children](#) wellness guidelines for better health outcomes.

WAIVED FITNESS PROGRAM FEES

Beginning March 1, new members who want to enroll in the Fitness Program through BCBS between March 1 and March 31, the enrollment fee of \$19 will be waived. To qualify for the waived fee, members will be asked to enter the coupon code MARCHWAIVED at the time of checkout. For more information, click [here](#).



Text **BENEFITS to 833-234-9576 to receive text messages regarding important Benefits information.**

Questions on Benefits? Check out Powell's Benefit Web Portal, [EMPOWERED](#) or call the Powell Benefits Center at 1-855- 855-7610.