

SCL Health Monthly Benefits Spotlight

August 2022 – Preventive Care

Preventive Care



When it comes to healthcare, most people act reactively instead of proactively. We tend to avoid the doctor until we're sick and we don't take care of ourselves until problems arise. Most of us don't want to spend money on healthcare until we feel like it's completely necessary. But the problem with that is you'll be spending a whole lot more on fixing a problem than preventing it in the first place. That's why in August, we're focusing on importance of preventive health care and understanding why it matters.

SCL Health's benefit partners are here for you and your well-being. Be sure to access the valuable resources and tools to help live a healthier life and make informed decisions.

BENEFIT PARTNER	HELPFUL RESOURCES
Virgin Pulse enroll.virginpulse.com/sclhealth	Complete your My Care Checklist preventive care activities and earn big points in Virgin Pulse. After you log into the Virgin Pulse portal, head to the Health section at the top of the page and then scroll down and select the My Care Checklist option. If your not a member yet, this is your chance to sign up and start earning. Be sure to use employer code SCL Health when prompted.
Cigna myCigna.com	It's important to understand your benefits so you can be the healthiest person as possible. SCL Health and Cigna care about your health and well-being. It's more than a medical plan that's offered to you and your family. Your benefits include tools and resources at no additional cost to help you and your covered family members so you can take the best care possible of yourselves. Click here to view this helpful guide that will assist in helping you navigate your medical benefits and the services offered.
Kaiser kp.org	With the SCL Health Kaiser Permanente health plan, you can get basic preventive care services that are age and gender appropriate at no additional cost. Read on to find out which services are available to you and your covered family.
Delta Dental deltadentalco.com	Your oral health is connected to your overall health. Researchers have uncovered links between gum disease and systemic health, including associations with heart disease and strokes. That's why it's so important to make dental care a priority — it can help you and your family live healthier. To learn more about how valuable your dental coverage can be, click here .