



WELLNESS BENEFITS TO HELP YOU LIVE YOUR BEST LIFE




PREVENTIVE CARE IS YOUR BEST DEFENSE

You don't need to be sick to see your doctor. Preventive care is your best defense to staying healthy – whether it's for your physical, emotional, dental or vision health. If you are enrolled in one of our health, dental and/or vision plans, in-network preventive care is covered 100% by the plan for most services and not subject to the deductible.

Annual check-ups, immunizations, and flu shots, as well as certain tests and screenings are a few examples of preventive care. You can review preventive care guidelines based on age and gender at the following links:

- [Blue Cross Blue Shield of Texas \(BCBSTX\)](#)
- [Kaiser Preventive Schedule](#)

To locate an in-network medical, dental or vision provider:

 Medical	 Dental	 Vision
Includes lab tests, annual wellness exam, immunizations, mammograms and more	Includes exams, X-rays and cleanings	Eye exams are covered at 100% after a \$10 copay for in-network visits
<p>BCBSTX PLANS Visit bcbstx.com. Log in as a member. If you do not have an account, sign up by clicking on the "Register now" link or continue as a guest.</p> <p>KAISER PLANS Visit healthy.kaiserpermanente.org. Enter your criteria and click Search to find a provider.</p>	<p>Visit guardianlife.com/providers or call 1-800-541-7846.</p>	<p>Visit vsp.com/eye-doctor or call 1-800-877-7195.</p>

AIRROSTI TO HELP RESOLVE PHYSICAL PAIN

Airrosti for BCBSTX medical plan members is a safe and highly effective alternative to surgery, pain management, and long-term chiropractic or physical therapy treatment programs.

Whether you've been living with chronic pain or if you've recently experienced an acute injury, Airrosti providers will focus on diagnosing the root cause of your pain. They then work to resolve that pain to help you quickly return to pain-free activity and avoid injury recurrence – often within only 3 visits. For more information, visit www.airrosti.com or call 1-800-404-6050.

GET YOUR HEALTH ON TARGET WITH WELL ONTARGET

BCBSTX provides four different gym membership program options. with access to over 12,400 gyms. Make Well onTarget part of your plan to reach your wellness goals.

Blue365® – a Health and Wellness Discount Program

Save money on health and wellness products and services from top retailers that are not covered by insurance.

In addition to weekly "Featured Deals," you can take advantage of discounts that focus on areas that promote wellness, such as apparel and footwear, nutrition, personal care, fitness, and home and family.

Check out the Blue365 deals at blue365deals.com/BCBSTX!

YOUR EMOTIONAL HEALTH IS AS IMPORTANT AS YOUR PHYSICAL HEALTH

Ensign is committed to your emotional health! We offer two Employee Assistance Programs (EAP) with access to free confidential guidance and resources for you and your household members.

Through the EAP, you have up to three in-person counseling sessions for each issue requiring services. If you participate in a medical plan, be sure to let your EAP specialist know you have medical coverage so they can refer you to a provider who participates in both programs if more than three sessions are necessary.

Get help with personal or professional problems that may interfere with work or family responsibilities and obligations 24 hours a day, 7 days, including:

- Parenting and childcare
- Elder care
- Personal relationships
- Work and career
- Online will preparation
- Financial concerns
- Legal issues

Participate in the EAP through WorkLifeMatters or GuidanceResources.

- WorkLifeMatters through Guardian:
 - Web: ibhworklife.com (username: Matters; password: wlm70101)
 - Phone: 1-800-386-7055
- Guidance Resource through ComPsych:
 - Web: www.guidanceresources.com (Web ID: Ensign)
 - Phone: 1-877-262-2327

QUESTIONS?

If you have any questions regarding FML or disability benefits, contact Guardian at 1-888-889-2953.

You may also contact benefitsUSA@ensignenergy.com or: Cheryl Feinstein
U.S. Benefits Supervisor
Phone: 1-303-385-4117
Cell: 1-303-519-6091
Email: cheryl.feinstein@ensignenergy.com

You can also find important benefits information on the US Benefits Hub at myensignenergybenefits.com!

