



WELLNESS PHYSICAL EXAM FORM

DUPLICATE AS NEEDED FOR SPOUSE, IF APPLICABLE.

The requirement for the 2025 CVA Wellness Program is to complete a wellness physical exam and the bloodwork listed below between January 1, 2024 and October 15, 2024. The physical exam should be covered at 100% with no out-of-pocket expense. Both the CVA employee and spouse, if on the CVA Health Plan, need to complete the physical exam and one of the listed blood tests below to participate in the Wellness Program.

Please complete this form with your primary care doctor at the time of your annual wellness physical. Once completed, send the form by October 15, 2024 to CVA Talent by email or mail:

Email:

wellness@cvacoop.com

Mail:

Central Valley Ag
Attn: Talent Team
2803 N Nebraska Ave
York, NE 68467

Patient Name: _____

If Spouse, what is the CVA Employee Name? _____

Doctor's Name: _____

Name of Facility: _____

Address of Facility: _____

Address

Town

State

Zip

Preventative lab work is a requirement of the Wellness Program. Select a minimum of one from the following list:

- Complete Blood Count (CBC)
- Comprehensive Metabolic Panel (CMP)
- Lipid Panel (currently covered as preventive if the member is over 40 yr)
- Thyroid (TSH)
- Glucose testing

If you or your spouse receive a bill due to lab work not being covered, please contact Associated Benefits Corporation at 1.800.747.4421 to have your claim verified and reprocessed. For a complete list of preventive procedures covered by Wellmark, please visit cvabenefits.com.

FOR PHYSICIAN TO COMPLETE

I certify that the above named CVA Employee/Spouse received an Annual Wellness Physical Exam

on _____, 2024.

Date

Doctor's Signature

Date