

FREE ANNUAL PHYSICAL

with your Gulfstream medical coverage!

That's right. Gulfstream will pay the full cost of annual physicals for you and your family members if you have medical coverage through Gulfstream. If it's been awhile since your last check-up, now is the perfect time. **Schedule your physical appointment today!**

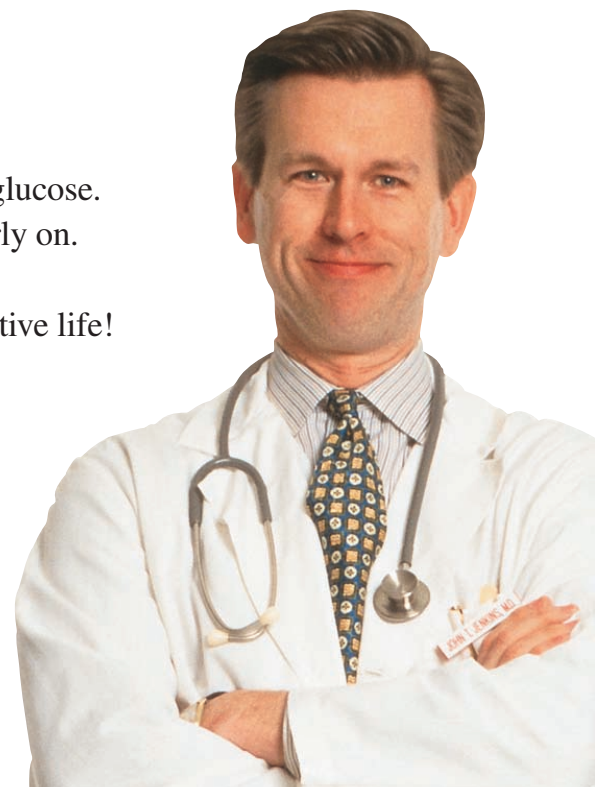
Benefits of getting an annual physical:

- Learn about your health status.
- Know important numbers like blood pressure, cholesterol, and glucose.
- Talk to your doctor about a plan to address any health issues early on.
- Improve your chances of avoiding major medical problems.
- Improve your chances of living a longer, healthier, more productive life!

Maximize your preventive care benefits:

- You must use an in-network provider to receive the \$0 copay.
- Remind your doctor that this is a physical so it needs to be coded as "preventive" on your claim.
- Annual limits apply. Check with your medical plan for details.

Take advantage of your medical plan to find a doctor and gain access to valuable health tools and resources.



Anthem members call **1-800-810-2583** or visit **www.anthem.com** to find a network provider in your area.

Cigna members call **1-800-981-9112** or visit **www.cigna.com** to find a network provider in your area.