



Triumph Group, Inc.

Runway to *Wellness*



Preventive Maintenance:
Time for a checkup?

- ▼ Smart
- ▼ Healthy
- ▼ Required



Aerostructures

Preventative Maintenance is something we all know is important to keep our assets such as home appliances, cars and tools in good **working order**.

What about your most **important asset** of all – **Your Health**.

Triumph wants to help you make and keep your most important asset a priority!

All employees covered under a Triumph Health Plan, including HMO's, will be required to have a routine physical for the period 7/1/2010 to 5/1/2012. Below, you'll find a screening chart to help you keep track of the preventive services that apply to you.

If you have had your physical, bring in a copy of your explanation of benefits or please have your doctor complete the form on the next page. Then, hand the completed form in to your benefits representative.

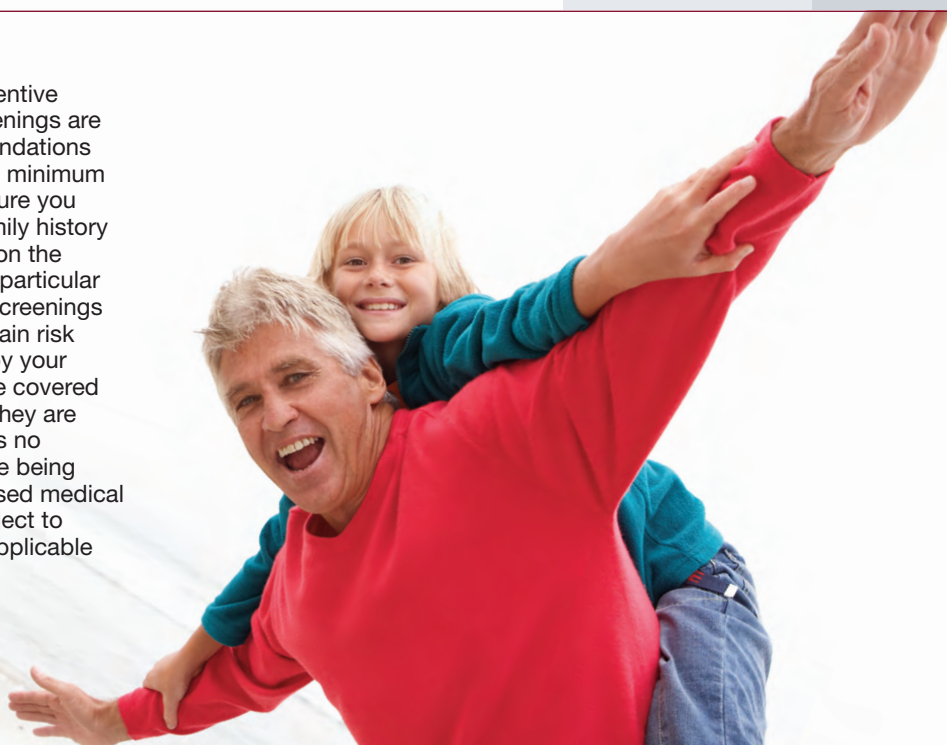
Employees who do not comply will be charged an extra \$250/month on top of your standard employee contribution to your health insurance for the entire 2012 benefit year, beginning July, 2012.

So stay one step ahead of illness by getting a preventive care exam. It's best to catch problems early — when they're easier and less costly to treat.

Required Preventive Health Screenings for Adults

Screening	Minimum Required Frequency for Preventive Maintenance	Age for Women	Age for Men
Routine Physical, Including Blood Pressure Check	Every 2 Years	Beginning Age 21	Beginning Age 21
Cholesterol Blood Test	Every 2 Years	Beginning Age 21	Beginning Age 21
Diabetes Blood Test (Glucose)	Every 2 Years	Beginning Age 21	Beginning Age 21
Mammogram for Breast Cancer	Every 2 Years	Beginning Age 40	N/A
Prostate Cancer (PSA Blood Test)	Please discuss with your physician to determine frequency	N/A	Beginning Age 50
Cervical Cancer Pap Smear	Every 2 Years	Beginning Age 21	N/A

Important Note: The Preventive Maintenance required screenings are based on general recommendations and, in some cases, are the minimum frequency needed. Make sure you discuss risk factors and family history with your doctor to decide on the frequency you require for a particular screening. More frequent screenings due to family history or certain risk factors, as recommended by your physician, as always, will be covered under the medical plan. If they are preventive in nature, there is no office visit copay. If they are being prescribed due to a diagnosed medical condition, they may be subject to deductible, co-pay or the applicable co-insurance amount.





Triumph Group, Inc. Preventive Maintenance

Attention Doctor's Office:

Your patient is covered by Triumph Group's Preventive Maintenance Program. To keep our employees healthy, routine preventive care services are covered at 100%. This includes routine blood tests.

To correctly process the claim, please be sure to code the visit and any blood work requested as routine physical and routine blood work.

Physician: Please sign the certification below once you have completed the routine physical.

Employee Name: _____

Triumph Company Name: _____

Date of Physical: _____

Physician Office Certification:

Physician Signature or Stamp with EIN# _____

Date _____

Required Men and Women

- Blood Pressure Check (Beginning Age 21)
- Cholesterol (Blood Test) (Beginning Age 21)
- Diabetes (Blood Test) (Beginning Age 21)

Required Women

- Mammogram (Beginning Age 40)
- Pap Smear (Beginning Age 21)

Required Men

- PSA Blood Test (Beginning Age 50)

Present this card to the office staff when you have your next physical exam and ask them to make a copy for your medical file.



100% Preventive Care Coverage

Required preventive care services include:	CPT/HCPCS Codes
■ Routine Physical Exam	99381-99397, G0344, G0402, G0438-G0439
■ Cholesterol Blood Test	80061
■ Diabetes Blood Test	82947
■ Mammogram	G0202
■ Prostate Cancer (PSA Blood Test)	G0103
■ Cervical Cancer Pap Smear	G0123-G0124, G0141-G0148, Q0091



100% Preventive Care Coverage

Required preventive care services include:	CPT/HCPCS Codes
■ Routine Physical Exam	99381-99397, G0344, G0402, G0438-G0439
■ Cholesterol Blood Test	80061
■ Diabetes Blood Test	82947
■ Mammogram	G0202
■ Prostate Cancer (PSA Blood Test)	G0103
■ Cervical Cancer Pap Smear	G0123-G0124, G0141-G0148, Q0091



CCG TRIUMPH-0001 (11/11)

Attention: Doctor's Office Staff

Your patient is covered by the health plan offered through the Triumph Group and administered by Aetna.

To keep our employees healthy, routine preventive care services are covered 100%. To correctly process the claim, please be sure to code the visit as a **preventive care exam**. If you have any questions, please call Aetna Member Services at **1-888-238-6211**. Thank you!

Attention: Doctor's Office Staff

Your patient is covered by the health plan offered through the Triumph Group and administered by Aetna.

To keep our employees healthy, routine preventive care services are covered 100%. To correctly process the claim, please be sure to code the visit as a **preventive care exam**. If you have any questions, please call Aetna Member Services at **1-888-238-6211**. Thank you!

100% Preventive Care Coverage

