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\*For these services you will automatically receive credit through your health insurance claim within 3-6 weeks, if you're enrolled in the medical plan. If you haven't received credit after 6 weeks or the program deadline is approaching, please submit a preventive care form (available on the resources page of the wellness portal) by the alternatives deadline. If you are not enrolled in the medical plan, you will not receive credit automatically and will need to submit a preventive care form.

**Note:** You may have already received credit for any of these services completed between **11/1/2024** and **1/2/2025**.