

SINCLAIR

Wellness Program 2027

The Sinclair Wellness Program will continue for 2027! With this program, we encourage you to stay connected with your healthcare provider and complete annual wellness visits and preventive screenings, such as mammograms and colonoscopies. Regular checkups with your physician can help detect and manage chronic conditions, improve outcomes, and begin treatment sooner when needed. Over the years, many employees have shared stories of discovering and managing conditions such as cancer, diabetes, and heart disease through this program.

This year, Jan Jeffcoat, News Anchor at The National Desk, shared how her annual wellness exam made a real difference in her life. Beyond saving money, this program could make a life-saving impact. Watch her inspiring story on [The Signal](#) (People & Engagement HR > Sinclair Wellness Program).

By participating in the Wellness Program and completing your annual wellness visit, you'll receive a wellness discount on your medical premium for the 2027 plan year. That's a savings of \$50 per paycheck!

Doctors' appointments can fill up quickly, so we encourage you to schedule your wellness visit early. Don't miss this opportunity to prioritize your health while taking advantage of valuable savings on your medical coverage.

How to Participate and Earn the “Wellness Discount”:



Fill out the Physician's Verification Form

- Complete the Employee section of the form



Meet with your Physician

- During your wellness visit, ask your physician to sign your [Physician's Verification Form](#) to confirm you are up to date.



Submit Your Form

- Email your completed and signed Physician's Verification Form to sbgwellness@sbgvtv.com by **September 30, 2026**.
- You will receive a confirmation email once your form has been processed. Please keep this email for your records!

As a reward, you will receive a “wellness discount” of \$50 off your medical premium each paycheck during the 2027 plan year.



Reminders



You don't need to wait a full year (365 days) between annual wellness exams.



Consult your physician for recommended services. If you have had a physical recently, you may not need another one this year. Simply send your form to your doctor for their signature. Your physician knows what's best for your care!



Services and appointments coded as preventive/wellness will be covered at 100%. Services coded as diagnostic will be covered according to the health plan you've elected, but not 100%. If you suspect your visit was coded incorrectly, please follow up with your provider to verify.



If you were hired on or after May 1, 2026, you will automatically receive the "Wellness Discount" applied to your medical premiums during the 2026 and 2027 plan years. To continue receiving the discount in 2028, you'll need to participate and submit your form next year.

Need Help Finding a Provider?



Use **Valenz Bluebook** to search for providers, facilities, and medical procedures in your area. When you choose a "green" provider for services such as MRIs, CT scans, or colonoscopies, you can save money and earn cash rewards. To get started, visit www.mysinclairbenefits.com and click on Valenz Health Bluebook.



Quantum Care Coordinators can help you find a provider in your area. Call **888-496-9097** or visit www.mysinclairbenefits.com for assistance.

Additional Ways to Save



Be Tobacco Free!

- If you and your covered dependents are tobacco-free or participate in a tobacco cessation program, you can avoid the \$50 per pay tobacco-user surcharge. Complete the tobacco-use status question during Open Enrollment.
- The wellness discount and tobacco surcharge are independent of one another; employees may qualify for either or both.



Voluntary Insurance Plans

- Q Enrolled in Accident, Critical Illness, and/or Hospital Indemnity Insurance?
- A You may be eligible to receive a \$50 cash reward for each plan, and for each member of your family enrolled per year. By having a wellness visit (or other qualifying services), cash rewards are available to be claimed through these voluntary benefit plans. Refer to the Benefits Website for details about each voluntary plan.

We look forward to a healthy year! Please be sure to submit your **2027 Physician's Verification Form by September 30, 2026** if you plan to enroll in the Sinclair, Inc. Health Plans and want to earn the "Wellness Discount".

Forms must be emailed to sbgwellness@sbgvtv.com

Email address can be found in the Global Address book under the name Sinclair Wellness

To locate the Physician's Verification Forms, go to **The Signal (People & Engagement HR > Sinclair Wellness Program)**.

