



## Your Annual Wellness Visit Checklist

Wellness begins with understanding. Your Blue Cross Group Medicare Advantage<sup>SM</sup> plan includes a \$0 copay Annual Wellness Visit with your health care provider. Use this checklist to guide the conversation. The visit also qualifies as a \$50 Healthy Action through the Rewards Program!\* Look for the **\$** in the checklist below for items that qualify and help you earn up to \$100 in gift cards each year. Visit [www.BlueRewardsTX.com](http://www.BlueRewardsTX.com) to select a gift card and start earning today.

Talk With Your Doctor About	Completion Date / Notes
<input type="checkbox"/> All your current conditions and treatments	
<input type="checkbox"/> Prescription and over-the-counter medications	
<input type="checkbox"/> Any pain you have and what you do for it	
<input type="checkbox"/> Difficulties with daily activities	
<input type="checkbox"/> Your level of physical exercise	
<input type="checkbox"/> Balance issues or recent falls <b>\$</b>	
<input type="checkbox"/> Difficulties with bladder control	
<input type="checkbox"/> Problems with sleeping or memory loss	
<input type="checkbox"/> Tobacco, alcohol or drug use	
<input type="checkbox"/> Hospital or ER visits in the last 90 days	
Complete These Basic Exams	Completion Date / Notes
<input type="checkbox"/> Blood Pressure	
<input type="checkbox"/> Height, Weight and Body Mass Index (BMI)	
<input type="checkbox"/> Blood Sugar and Retinal Eye Exam (if applicable) <b>\$</b>	
Review Your Screenings and Vaccines	Completion Date / Notes
<input type="checkbox"/> Annual Flu Vaccine <b>\$</b>	
<input type="checkbox"/> Bone Density Exam <b>\$</b>	
<input type="checkbox"/> Colorectal Screening <b>\$</b>	
<input type="checkbox"/> Mammogram <b>\$</b>	
<input type="checkbox"/> Pneumonia Vaccine	

Continues on reverse 

