

Helping You Live Your Healthiest Life - Your Annual Wellness Plan

Just like you, Presbyterian Health Plan wants you to achieve your best health. One way to do this is through creating a free annual wellness plan with your provider. During your free wellness visit, your provider helps develop a plan that ensures you receive screenings and tests that meet your health needs and goals.

You can also qualify for rewards when you complete your health screenings.

Schedule Your Appointment Today

If you are interested in creating your free annual wellness plan with your doctor, please contact your primary care provider.

What to Expect

During a wellness visit, your provider will review your medical history, current treatments, current medications and perform a brief physical exam. Based on these assessments, your annual wellness plan is created for preventive and recommended screenings and tests. Your visit will take between 45 minutes to one hour.

Get Your Rewards

Presbyterian offers gift card rewards for members who complete screenings and tests on their annual wellness plan. Members can earn the following rewards:

Screening/Test	Gift Card Amount
Annual Wellness Visit	\$25.00
Breast Cancer Screening	\$25.00
Colorectal Cancer Screening	\$25.00

If you have any questions about rewards, please call 505-923-5017.

We want to thank you for your participation and helping us guide you to your best health. If you would like more information about this wellness visit, please visit our website at www.phs.org.