



Annual Wellness Visit at \$0 copay



An Annual Physical or Wellness Visit¹ with your primary care provider (PCP) is one of the best ways to start the year off and stay on top of your health. You and your PCP can work as a team to create a preventive care plan to help you stay as healthy as possible. Ask your PCP to combine your annual physical and wellness visits into one convenient annual care appointment.²

What's the difference between your annual physical and wellness visit?



Physical exam

A physical exam includes a head-to-toe exam, blood sugar test and cholesterol test. This visit is a good time to review your medications and/or health concerns. Your plan covers this visit once per calendar year.



Wellness visit

A wellness visit includes a blood pressure check, height, weight and body mass index (BMI) measurements. Your plan covers this visit once per calendar year.

Preparing for your annual physical and wellness visit

To help prepare you for your visit, review these questions and plan to talk about them with your PCP. Conversations like that can help your PCP provide treatment and advice that may help with your overall health.

- How has your health been in the past month?
- Are you more active, less active or about as active as other people your age?
- Does your health limit your ability to do moderate activities such as walking fast, gardening, carrying groceries or vacuuming?
- What about more strenuous activities such as jogging, climbing stairs or sports?
- Has pain limited your activities in the past month?
- Have you had trouble with balance or falling?
- Have you had difficulty controlling your bladder?
- In the last month, have you felt nervous, worried or depressed? Do your feelings ever keep you from doing the things you enjoy?

Preventive care services

Be sure to talk with your PCP about your health history, review all medications you're taking and ask about other preventive care you may need.



Lab work such as:

- Fasting cholesterol
- Fasting blood sugar (also called glucose)



Follow-up plan of care such as:

- Colon cancer screening
- Flu shot and/or pneumonia shot
- **For women:** Breast cancer screening (mammogram)
- **For people with diabetes:** Hemoglobin A1c for blood sugar, LDL cholesterol, urine test for protein and a comprehensive eye exam
- Fasting blood sugar (also called glucose)



Call your primary care provider or the number on your member ID card to schedule your visit today.

¹Benefits, features and/or devices vary by plan/area. Limitations and exclusions apply.

²A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.