

“I feel fine!”

So why should I check in for an annual preventive exam?

Actually, now is when you *should* check in with your doctor. That’s the point of your annual preventive exam — to stay ahead of potential concerns now and for years to come.

Your annual preventive exam is included at no cost to you as part of your health insurance, no matter which Wellmark® Blue Cross® and Blue Shield® plan you have.* Read on to see why your preventive exam should be a priority, even if you’re feeling fine.

- ✓ **Get screened for preventable chronic health conditions**
Preventive health screenings, including blood tests, are one of the best ways to stay ahead of chronic conditions like heart disease or diabetes before they turn into costly, time-consuming and painful larger issues. Your doctor will perform a physical exam and may check in on your mental health. If need be, they can offer treatment solutions or referrals to specialists.
- ✓ **Answer your health-related questions**
Curious about other aspects of preventive health, when and how to get care, or just want to get something off your mind? Your doctor has a wealth of health information and learned experience they’d be happy to share.
- ✓ **Address any current symptoms you may have**
Tell your doctor about anything that’s bothering you now or that’s come up since your last visit. They’ll work with you to understand the issue, discuss potential root causes and suggest available treatments.
- ✓ **Review your prescriptions and immunizations**
Now’s the time to check in on your current medications and supplements, including what’s working and what’s not, and to discuss changes or any refills you may need. You can also see if your immunizations are up to date and renew them if needed.

**Nearly 40%
of adults in
the United
States**

**are estimated to
be suffering from
preventable chronic
conditions.**



*Basic preventive exams are covered 100% by your health plan when performed by an in-network doctor. If their diagnosis is something other than preventive care, you may be billed for a medical visit, which could lead to out-of-pocket costs.

Source: CDC, “Chronic Disease Prevalence in the U.S.,” 2024.



Check in with your doctor once per year.

Make full use of your Wellmark benefits.

If you're only going to the doctor when something starts to feel off, you may be paying more out-of-pocket for walk-in clinics and emergency rooms.

But basic preventive services are included with your health insurance once per year at no cost to you, giving you a great opportunity — and every reason — to check in on your health before symptoms appear.

Why wait? Your visit only takes about an hour per year, but the information you walk away with could save your life.



Get the guide and get back on track.

If you haven't visited your doctor in a while, Wellmark's guide explains what to expect and how to prepare.



View the guide.

Schedule your annual preventive exam now!

Need to find a doctor? It's easy to search for an in-network primary care provider at [Wellmark.com/Finder](https://www.wellmark.com/Finder).



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