

Ready to check in?

Make the most of your annual preventive exam.



Have you selected a primary care provider and scheduled your annual preventive exam?

If so, you're well on your way to using your preventive care benefit. Now keep the momentum going and maximize your time with these five tips for a successful visit.

✓ Be prepared

Your provider may have asked you to fill out some basic health and insurance information in advance of your appointment. There's typically an option to do this via their online portal beforehand, but if you prefer to do so in-person, plan to arrive a few minutes early. Make sure to bring your Wellmark® Blue Cross® and Blue Shield® insurance card (or look it up on myWellmark.com).

✓ Have an honest, open discussion

It's normal to have reservations about sharing information on your health or lifestyle. Remember that every conversation with your doctor is 100% confidential, and that they really do have your best interests in mind. Your doctor can't help with something they don't know about, **so don't hold back**. When discussing your health history, concerns, and any current symptoms or medications, no topic is off the table.¹

✓ Think about your family's health history

Chronic health conditions such as heart disease, stroke and diabetes can be passed down from generation to generation, meaning if someone in your family was affected, you may also be susceptible. Share anything you can think of with your doctor, who can then watch for and evaluate any potential symptoms that arise during your screening. Before you leave, ask when and how you'll receive your screening results.

Ask a nurse!

Get answers to health-related questions from registered nurses by calling BeWell 24/7® anytime.

844-84-BEWELL



¹ Blue® Magazine, "How to communicate with your doctor," 2023.

Check in with your doctor once per year.

✓ Stay confident

If this is your first time visiting a doctor in a while, it's very common to feel nervous. But it's important to understand that the long-term benefits preventive exams provide can outweigh them all. Try these [effective strategies](#) to empower yourself to see your visit from a new perspective.²

✓ Know you have support

Navigating the health system and protecting personal health is something no one should face alone. Besides family, friends and coworkers, your support network also includes your doctor and the Wellmark customer service team. You can access support and find additional resources anytime at myWellmark.com.



² BlueSM Magazine, "[How to overcome your fear of doctors](#)," 2023.



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!

Covered individuals can schedule once per calendar year (Jan. 1 – Dec. 31). It's easy to search for an in-network provider at Wellmark.com/Finder.



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