

I've had my preventive exam ... what comes next?

Use your biometric screening results to get additional health insights.

With screening results in hand, you can review and use your biometric numbers to better understand your health.

If any potential health risks are found, there's often lifestyle changes you can make to get back on track. Read on to see what you can learn from your test results and how you can put your numbers to work:

✓ **Access and understand your results**

- ✓ Whether they'll be on your provider's portal, emailed or physically mailed to you, know when and where you'll receive your results.
- ✓ Review them for any outliers, for instance, high or low blood pressure or metabolic levels. Your provider should have noted anything to keep an eye on.
- ✓ If any additional screenings are recommended, understand what that means for you and when you should plan on completing them. You can also use Wellmark's Cost Estimator tool at myWellmark.com. It's okay to call and ask any questions you may have!

✓ **Get health insights in Wellmark Connect powered by WebMD®**

- ✓ Access Wellmark Connect by logging in to myWellmark.com, selecting the **Well-being** tab, and then click **Enter Wellmark Connect**.
- ✓ Enter your biometric screening results and lifestyle information into the **Wellness Assessment** to get valuable insights, educational resources and tools to support your unique health.
- ✓ Set health goals and track your progress by adding your preventive exam data every year.

Biometric screening guide

Use Wellmark's [health screening resource](#) to learn about different elements of your health and how to interpret your results.



Take control of your future health.

✓ Make yearly visits your new goal!

It's never too soon to think about next year's annual preventive exam. Health screenings work best with more regular data. So don't skip out! Even if your Wellmark plan changes, it will always be available at no cost to you.



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](https://www.wellmark.com/Finder).



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