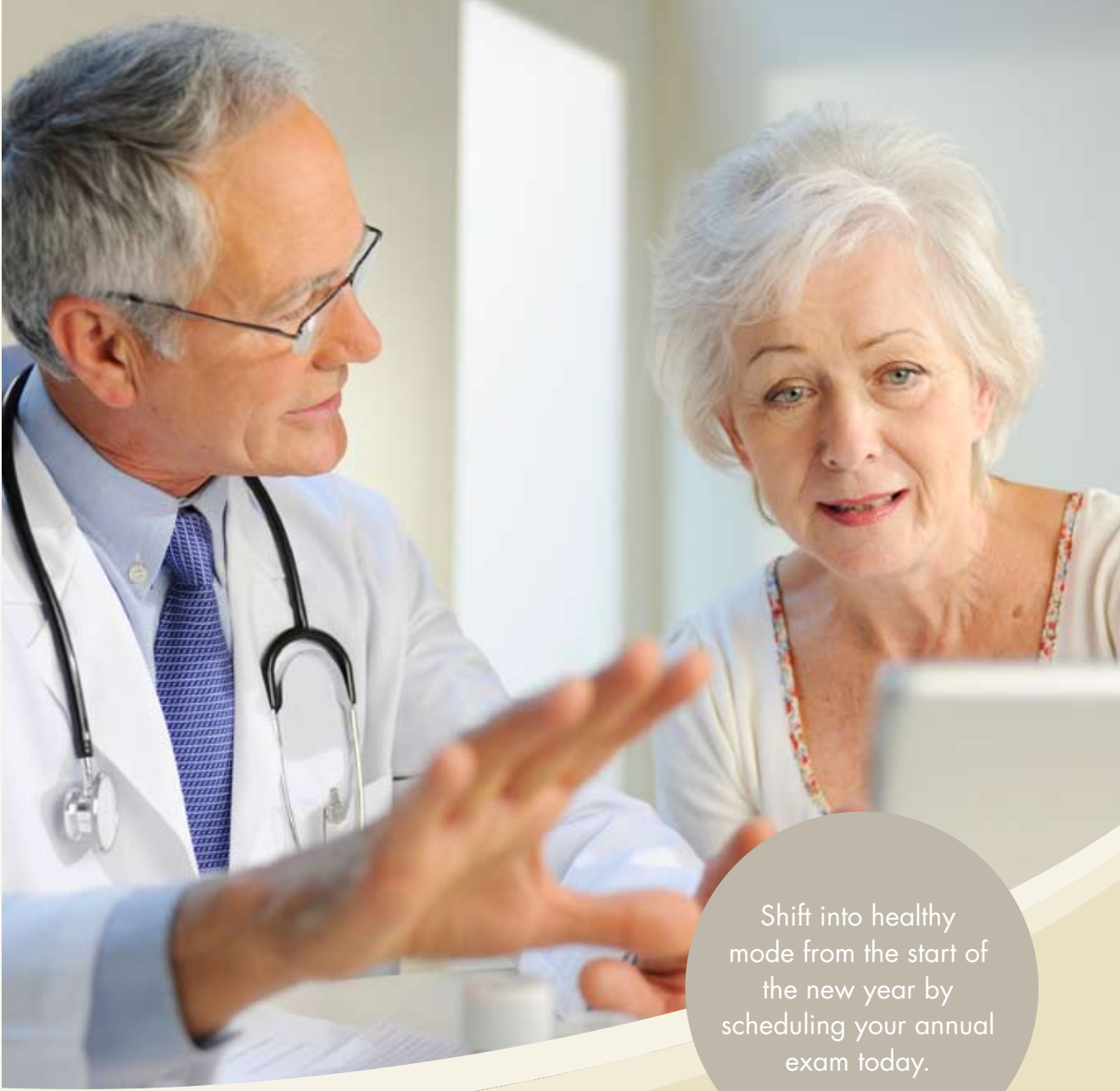


Get in gear for a healthy new year

The new year is a great time to set goals. Make sure your goals include a yearly visit to your doctor. An annual exam helps you know your numbers, including cholesterol, blood pressure and blood sugar levels. That means you add to your chances of improving, or even preventing, health problems.

Make the most of your visit:

- Give facts to your health care provider, such as health history, any symptoms, drugs and allergies.
- Ask questions, take notes and clarify what you don't understand.
- Follow up if you have questions or side effects, or if your symptoms get worse.
- Talk to your doctor to understand your health problems and treatment choices.
- Ask questions about the right test or treatment to reach the best results.



Shift into healthy mode from the start of the new year by scheduling your annual exam today.

Source: Agency for Healthcare Research and Quality

Annual wellness exam may not be covered. Please refer to your benefit booklet or call the customer service number on the back of your ID card for specific benefit information under your health plan.



Knowledge is power. Add to your know-how by taking the Health Risk Assessment through the Personal Health Manager in Blue Access[®] for Members. Track your results using My Health Record.

January 2011

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3	4	5	6	7	8
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