



Your Annual Wellness Visit Checklist

Wellness begins with understanding. Your UT CARE™ plan includes a \$0 copay Annual Wellness Visit with your health care provider. Use this checklist to guide the conversation.

Talk With Your Doctor About	Completion Date / Notes
☐ All your current conditions and treatments	
☐ Prescription and over-the-counter medications	
☐ Any pain you have and what you do for it	
☐ Difficulties with daily activities	
☐ Your level of physical exercise	
☐ Balance issues or recent falls	
☐ Difficulties with bladder control	
☐ Problems with sleeping or memory loss	
☐ Tobacco, alcohol or drug use	
☐ Hospital or ER visits in the last 90 days	
Complete These Basic Exams	Completion Date / Notes
☐ Blood Pressure	
☐ Height, Weight and Body Mass Index (BMI)	
☐ Blood Sugar and Retinal Eye Exam (if applicable)	
Review Your Screenings and Vaccines	Completion Date / Notes
☐ Annual Flu Vaccine	
☐ Bone Density Exam	
☐ Colorectal Screening	
☐ Mammogram	
☐ Pneumonia Vaccine	

Continues on reverse ➡

Prescription and Over-the-Counter Medication Tracker

Blue Access for MembersSM (BAMSM). Everything you need to know about your coverage — in one place.

Find your prescription drug history and more through Blue Access for Members (BAM). With BAM you can see benefit details, find a doctor or network pharmacy, request or print your ID card, let us know how you'd like us to communicate with you and more.

It's easy to get started.

Visit **www.bluemembertx.com** or grab your smart phone and your ID card and text* **BCBSTXAPP** to **33633** so you can use the BAM mobile app while you're on the go.

This Annual Wellness Visit checklist is also available at **www.bcbstx.com/retiree-medicare-tools**

* Message and data rates may apply.

This information is not a complete description of benefits. Contact the plan for more information. If you have other questions or concerns, please call the phone number on the back of your member ID card.

HMO and PPO plans provided by Blue Cross and Blue Shield of Texas, which refers to HCSC Insurance Services Company (HISC) and GHS Insurance Company (GHSIC). HMO and PPO employer/union group plans provided by Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC). HCSC, HISC and GHSIC are Independent Licensees of the Blue Cross and Blue Shield Association. HCSC, HISC and GHSIC are Medicare Advantage organizations with a Medicare contract. Enrollment in these plans depends on contract renewal.