

Get the most out of your annual wellness exam! | view in [Web Browser](#)



QUESTIONS TO ASK YOUR PCP



It can be overwhelming when you go to your Primary Care Provider (PCP) for your wellness exam. Preparing questions ahead of time can help you get the answers you need.

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Some questions you may want to ask your PCP include:

- Am I at a healthy weight? Has my weight changed a lot since my last wellness exam?
- Are my feelings of sadness, anxiety, or stress normal?
- Are the supplements I'm taking worthwhile?
- What should I be eating?
- What's the best exercise plan for me?
- How can I reduce or stop some of my medications?
- What changes should I make in my lifestyle based on my age and habits?
- Something doesn't feel right – can I ask you about it?
- What should I work on before my next visit?
- What's the best way to communicate with you if I have questions? Do you text or use email? Are you the one answering these messages?

KNOW WHAT TO EXPECT

During your exam, your PCP will likely:

- Develop a plan to achieve your health goals
- Discuss your chronic conditions and coordination of care, if applicable
- Perform a physical exam, including measuring your weight, height and blood pressure
- Recommend routine screenings, immunizations and other preventive care
- Talk about your health history and lifestyle

Questions? Download [Your Primary Care Provider and You: Working Together to Keep You Healthy](#) flier for more information. You can also connect with a Personal Health Guide, 24 hours a day, seven days a week, at [1-866-355-5999](tel:1-866-355-5999) or through the [BCBSTX App](#), available in the [Apple App Store](#) and [Google Play Store](#).

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www.bcbstx.com/trsactivecare

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-710-6984 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-855-710-6984 (TTY: 711).

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