

Skipping annual exams puts your health at risk



**Did you know that skipping your annual wellness exam puts your health at risk?** Even if you've never felt better, keeping up with preventive care is important. It can help you avoid sickness, time off work, and keep your toes in the sand on summer vacation.

### Know What to Expect at Your Annual Wellness Exam

A Primary Care Provider (PCP) is the team captain of your medical care. They make sure you get the care you need for chronic conditions and unexpected health problems like an infection or virus. A wellness exam helps your PCP establish a health baseline specific to YOU.

#### During your wellness exam, your PCP will:

- ask about your general health, medications, and family health history
- perform a physical exam
- recommend routine screenings and immunizations
- help you plan to reach your health goals

#### Prepare for your appointment by thinking about any questions you'd like to ask, like:

- 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?
- 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?
- What should I work on before my next visit?
- What other health screenings or tests do I need?

### Health Plan Requirements

**TRS-ActiveCare Primary and TRS-ActiveCare Primary+ participants must have a PCP.** You can change your PCP anytime through Blue Access for Members<sup>SM</sup> or by calling a Personal Health Guide at **1-866-355-5999**, 24 hours a day, seven days a week.

**We strongly encourage TRS-ActiveCare 2 and TRS-ActiveCare HD Participants to have a PCP.**

### What are You Waiting for?

Make your health a priority and schedule an annual checkup with your PCP. Don't have a PCP? Our **Provider Finder**<sup>®</sup> lets you search for providers using:



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[www.bcbstx.com/trsactivecare](http://www.bcbstx.com/trsactivecare)



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