



# It's time to take advantage of a healthy year ahead.

## It's important to complete your annual physical and wellness visit.

At UnitedHealthcare,<sup>®</sup> we want you to live a healthy life and that starts with your preventive care. Take control by scheduling your annual physical and wellness visit early in the year to give you the most time to take action. You and your primary care provider (PCP) can work as a team to create a preventive care plan to help you stay as healthy as possible. Ask your PCP to combine your annual physical and wellness visits into one convenient annual care appointment.<sup>1</sup>

## What's the difference between your annual physical and wellness visit?



### Physical Exam

A physical exam includes a head-to-toe exam, blood sugar test and cholesterol test. This visit is a good time to review your medications and/or health concerns. Your plan covers this visit once per calendar year.



### Wellness Visit

A wellness visit includes a blood pressure check, height and weight measurement, and body mass index (BMI) test. Your plan covers this visit once per calendar year.



# Preparing for your annual physical and wellness visit

To help prepare you for your annual wellness visit, review this list of questions and have answers ready to discuss. They will help your doctor provide treatment and advice that may help with your overall health.

- How has your health been in the past month?
- Are you more active, less active or about as active as other people your age?
- Does your health limit your ability to do moderate activities like walking fast, gardening, carrying groceries or vacuuming?
- What about more strenuous activities such as jogging, climbing stairs or sports, like swimming?
- Has pain limited your activities in the past month?
- Have you had any problems with balance or falling?
- Have you had any problem controlling your bladder?
- In the last month, have you been feeling nervous, worried or depressed? And do your feelings ever keep you from doing the things you enjoy?

## Preventive Care Services

Be sure to talk with your doctor about your health history, review all medications you're taking and ask about other preventive care you may be due for.



### Lab work such as:

- Fasting cholesterol
- Fasting blood sugar (also called glucose)



### Follow-up plan of care such as:

- Colon cancer screening
- Flu shot and/or pneumonia shot
- **For women:** Breast cancer screening (mammogram)
- **For people with diabetes:** Hemoglobin A1c for blood sugar, LDL cholesterol, urine test for protein and a comprehensive eye exam
- Fasting blood sugar (also called glucose)

**Take advantage.**



Call your primary care provider or the number on the back of your member ID card to schedule your visit today.

<sup>1</sup> A copay or coinsurance may apply if you receive services that are not part of the annual physical/wellness visit.

Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare.