

Make the most of your wellness visit.



Regence
Group Administrators

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Preventive wellness visits, such as physical exams, are part of your medical benefits. To take advantage of this benefit, and to get the most out of your visit with your healthcare provider, follow these steps:

1 Schedule a physical exam with your primary care provider.

Tell your provider's office that you are making an appointment for a wellness visit. A comprehensive wellness visit should include...

- A physical exam
- Record of your personal health and family history
- Discussion about risk factors (for example; smoking, obesity, diabetes, physical activity, etc.)
- Lab tests and diagnostic procedures, if applicable
- Counseling and guidance

2 See which preventive services you may need this year.

Go to www.healthfinder.gov/myhealthfinder to get personalized preventive health recommendations



Preventive visits & screenings are covered by your health plan 100% (deductible waived) for in-network providers

No primary care provider?

Call your Care Navigator at **1-425-289-5123** or email mycarenav@accesstpa.com

- Find a primary care provider
- Avoid unnecessary out of pocket costs and maximize your insurance benefit
- Identify other important preventive care opportunities

3 Write down any questions or concerns you have about your health.

Bring your list to your wellness visit so you can discuss your questions and concerns with your healthcare provider.


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