

HOW TO PREPARE FOR YOUR ANNUAL PHYSICAL EXAM



KEEP YOUR MEDICAL INFORMATION CURRENT

TAKE YOUR MEDICAL INFORMATION TO YOUR APPOINTMENT. THIS SHOULD INCLUDE:

- Current medical insurance information
- Up-to-date list of all medications (prescription and over-the-counter)
- List of all dietary and herbal supplements, vitamins and minerals
- List of all allergies (medicine, food, environmental, etc.)
- List of all health information (surgeries, procedures, hospitalizations, illnesses, etc.)
- Information about your family health history
- List of current immunizations and vaccines
- Dates and results of all medical tests, blood tests, procedures, screenings or X-rays
- First day of last menstrual period (females)
- List of symptoms, concerns or changes
- List of questions you want to address during the appointment
- If applicable: Copy of your health plan's list of covered prescription drugs — also known as a formulary

TYPES OF PROVIDERS THAT OFFER ANNUAL PHYSICAL EXAMS:

- Your doctor
- Family practice
- Internal medicine
- GYNs
- General practitioners

WHAT QUESTIONS TO ASK?

DURING THE EXAM:

- Ask questions about anything that seems unclear to you, such as the names and purposes of tests your health care provider may order.
- Ask if there are any changes since your last exam.

WHEN A TEST OR SCREENING IS ORDERED, ASK:

- What is the name of the test/screening?
- What does the test/screening detect?
- How should I prepare for the test/screening? Are there any preparation instructions?
- Where will the test/screening be done?
- How long does the test/screening take?
- Will I need to arrange for someone to take me home after the test/screening?
- When is it best to call my health care provider with questions?
- When should I return for my next exam?



MOST PREVENTIVE CARE IS COVERED 100 PERCENT

You are covered for preventive care. Most of your preventive care is covered 100 percent if you see an in-network doctor. Make sure to check your employee benefits for prior authorizations. Remind your doctor that you are there for your routine preventive exam so your visit is properly billed.

WHAT YOU GET AT YOUR ANNUAL PHYSICAL EXAM:

- **Vital signs** — Blood pressure, heart rate, respiration rate, temperature
- **Head and neck exam** — Throat, tonsils, teeth and gums, ears, nose, sinuses, lymph nodes, thyroid and carotid arteries
- **Abdominal exam** — Liver size, fluid, bowel sounds, tenderness
- **Recommended lab tests**
- **Cholesterol screening** — Every five years or more frequently with risk factors
- **Preventive screenings** — Age and gender appropriate

Note: This is a list of the most common items covered during regular annual preventive exams. These may vary relative to individual and provider needs.



Contact a Blues On CallSM health coach at 1-888-BLUE-428 (1-888-258-3428) or log in to highmarkbcbs.com for assistance.

Highmark Blue Cross Blue Shield is an independent licensee of the Blue Cross and Blue Shield Association.

Blues On Call is a service mark of the Blue Cross and Blue Shield Association.

The Claims Administrator/Insurer complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si usted habla español, servicios de asistencia lingüística, de forma gratuita, están disponibles para usted. Llame al número en la parte posterior de su tarjeta de identificación (TTY: 711).

请注意：如果您说中文，可向您提供免费语言协助服务。请拨打您的身份证背面的号码（TTY：711）。