

# Stay a step ahead with preventive care.

Is your annual preventive visit coming up soon? Here are some tips on how to prepare and what to expect. And remember – when you see an in-network provider, preventive services are 100% covered\* under your plan.



## Before your visit:

- Make sure your doctor is in-network. You can ask your doctor's office or use **Find a Doctor** on [highmarkbcbs.com](https://highmarkbcbs.com).
- Call to make your appointment and tell the doctor's office you're scheduling your annual preventive visit.
- Review and save a copy of your preventive schedule. Log in at [highmarkbcbs.com](https://highmarkbcbs.com) and click on **Coverage and Medical Benefits**.



## Make sure you bring:

- Medical insurance ID card and your preventive schedule
- Current list of all your medications, immunizations, vaccinations, and allergies.
- List of all your health information (surgeries, procedures, hospitalizations, illnesses, etc.)
- Information about your family health history.
- Dates and results of all medical tests, blood tests, procedures, screenings, or X-rays.



## What to expect at your visit:

- Weight and blood pressure measurements.
- Blood glucose test (diabetes evaluation).
- Lipid panel (cholesterol test).
- Head and neck exam.
- Abdominal exam.
- Recommended lab tests.\*

**\*You and your doctor will decide the tests that are best for you based on your age, sex, or risk factors. If your doctor orders more tests, check to see if they are covered by your preventive schedule. If the test isn't listed, it may carry additional fees.**

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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）。

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