



**Your Annual Wellness Visit Checklist**

Wellness begins with understanding. This checklist helps you have a clearer picture of your health and starts the conversation with your health care provider about any changes you might need.

<b>Talk with your doctor about</b>	<b>Completion date/notes</b>
<input type="checkbox"/> All your current conditions and treatments	
<input type="checkbox"/> Prescription and over-the-counter medications (be sure to bring them with you to the visit)	
<input type="checkbox"/> Any pain you have and what you do for it	
<input type="checkbox"/> Difficulties with daily activities	
<input type="checkbox"/> Your level of physical exercise	
<input type="checkbox"/> Balance issues or recent falls	
<input type="checkbox"/> Difficulties with bladder control	
<input type="checkbox"/> Problems you have with sleeping or memory loss	
<input type="checkbox"/> Tobacco, alcohol or drug use	
<input type="checkbox"/> Hospital or ER visits in the last 90 days	
<b>Complete these basic exams</b>	<b>Completion date/notes</b>
<input type="checkbox"/> Blood Pressure	
<input type="checkbox"/> Height, Weight, and Body Mass Index (BMI)	
<input type="checkbox"/> Blood Sugar and Retinal Eye Exam (if applicable)	
<b>Review your screenings and vaccines</b>	<b>Completion date/notes</b>
<input type="checkbox"/> Annual Flu Vaccine	
<input type="checkbox"/> Covid-19 Booster	
<input type="checkbox"/> Bone Density Exam	
<input type="checkbox"/> Colorectal Screening	
<input type="checkbox"/> Mammogram	
<input type="checkbox"/> Pneumonia Vaccine	

Schedule your Annual Wellness Visit today! **Complete your visit to earn Healthy Actions rewards through our Member Rewards program!** The Member Rewards program gives you an easy way to earn up to \$75 per year in rewards on your Blue Benefits Bucks (BBB) card.

Go to [BlueKC.NationsBenefits.com](https://www.BlueKC.NationsBenefits.com) to login to track and manage the dollars on your BBB card, or all our local, dedicated Customer Service team at **(866) 508-7140 (TTY:711)**.

Maximum annual rewards of \$75 per year. One reward per Healthy Action per year with the exception of SilverSneakers® and Covid-19 Booster. Healthy Action dates of service must be in the current plan year. Rewards will be administered once Healthy Action claim is processed.

*Continues on reverse*

If you have other questions, please call Blue Medicare Advantage Customer Service line at **(866) 508-7140** (TTY: 711), from 8:00 a.m. to 8:00 p.m., 7 days a week.

Blue Benefit Bucks, a Benefits Mastercard® Prepaid Card is issued by The Bancorp Bank, Member FDIC, pursuant to license by Mastercard International Incorporated. Mastercard is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. This is a benefits card that can only be used at certain Mastercard merchants participating in this program and will be authorized for qualified purchases as set forth in your Cardholder Agreement. Valid only in the U.S. No cash access. Other languages are available upon request. This is not a gift card or gift certificate. You have received this card as a gratuity without the payment of any monetary value or consideration.

NationsOTC is not a product or service of The Bancorp Bank or Mastercard. The Bancorp Bank is issuer of the card only and not responsible for the other products, information, or recommendations provided on this site.

Please visit [BlueKC.NationsBenefits.com](https://BlueKC.NationsBenefits.com) for more information. ©2023 NationsBenefits, LLC. and NationsOTC, LLC. NationsOTC is a registered trademark of NationsOTC, LLC. All other marks are the property of their respective owners.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply.

Blue Cross and Blue Shield of Kansas City's Blue Medicare Advantage includes both HMO and PPO plans with Medicare contracts. Enrollment in Blue Medicare Advantage depends on contract renewal.

Blue Cross and Blue Shield of Kansas City is an independent licensee of the Blue Cross and Blue Shield Association. The HMO products are offered by Blue-Advantage Plus of Kansas City, Inc. and the PPO products are offered by Missouri Valley Life and Health Insurance Company, both independent licensees of the Blue Cross and Blue Shield Association and both wholly owned subsidiaries of Blue Cross and Blue Shield of Kansas City.

Y0126\_24-438\_C