BlueCross BlueShield of Montana

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 on any changes you might need. Take a few minutes to fill this out and bring it to your Annual Wellness Visit. This checklist is also available at **www.GetWellnessBlueMT.com**.

Talk With Your Doctor About	Completion Date/Notes
☐ All your current conditions and treatments	
☐ Prescription and over-the-counter medications	
☐ Any pain you have and what you do for it	
☐ Difficulties with daily activities	
☐ Your level of physical exercise	
☐ Balance issues or recent falls $	
☐ Difficulties with bladder control	
☐ Problems with sleeping or memory loss	
☐ Tobacco, alcohol or drug use	
☐ Hospital or ER visits in the last 90 days	
Complete These Basic Exams	**Completion Date/Notes**
☐ Blood Pressure	
☐ Height, Weight and Body Mass Index (BMI)	
☐ Blood Sugar and Retinal Eye Exam (if applicable) $	
Review Your Screenings and Vaccines	**Completion Date/Notes**
☐ Annual Flu Vaccine $	
☐ Bone Density Exam $	
☐ Colorectal Screening $	
☐ Mammogram $	
☐ Pneumonia Vaccine	

Schedule your Annual Wellness Visit today and earn a $25 Healthy Action Credit through the Rewards Program*!

The program gives you an easy way to earn up to $100 in gift cards from national and local retailers for completing your Annual Wellness Visit and additional preventive screenings (as indicated with $).
Go to www.BlueRewardsMT.com to sign up.

Prescription and Over-the-Counter Medication Tracker

Blue Access for Members℠.

Everything you need to know about your coverage — in one place.

Find your medical claims history and more through Blue Access for Members (BAM℠). With BAM you can see benefit details, find a doctor, request or print your ID card, let us know how you'd like us to communicate with you and more.



It's easy to get started.

You can log in to BAM from the member website. Or grab your smart phone and your ID card and text* **BCBSMTAPP** to **33633** to use the BAM mobile app while you're on the go.

* Message and data rates may apply.

* Registration is required to participate. Visit www.BlueRewardsMT.com to register and see what Heathy Actions earn rewards. If you do not have internet access, call customer service using the phone number on the back of your insurance card. Maximum annual rewards of $100 in gift cards. One reward per healthy action per year. Healthy action dates of service must be in the current Plan year. Healthy Actions that earn rewards are subject to change.

The Healthy Activity Portal is a website owned and operated by HealthMine, Inc., an independent company that provides digital health and personal clinical engagement tools and services for Blue Cross Medicare Advantage members. If you have other questions or concerns, please call the number on the back of your member card.

HMO and PPO plans provided by Blue Cross and Blue Shield of Montana, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association. HMO plans available for employer/union groups only. HCSC is a Medicare Advantage organization with a Medicare contract. Enrollment in HCSC's plans depends on contract renewal.