



Your local Blue Cross Blue Shield



## Staying healthy starts now.

An annual wellness checkup with your primary care doctor (PCP) is one of the most important steps you can take for your health. It gives your doctor a chance to find health issues early when they're easier to treat.

**And good news—it can cost as little as \$0!\***

### What to expect

During your annual wellness checkup, your primary care doctor will look at your health risks and talk with you about:

- Your current health
- Your family health history
- Past illnesses and surgeries
- Risks you may have for specific conditions
- How to maintain a healthy lifestyle

## Need to schedule your checkup? We make it easy!

**Follow these 3 easy steps to schedule your annual wellness checkup today.**



**Step 1:** Visit [floridablue.com](https://floridablue.com) and log in to your member account.



**Step 2:** Go to **Find Care Near Me** and search by your location or doctor's name.



**Step 3:** Schedule your **annual wellness checkup** online or by phone.

## Understanding the difference between an annual wellness check and office visit

If you ask your doctor about a specific health condition or concern that is not part of your annual wellness checkup, it may change the type of visit and change your out-of-pocket cost.



**These are some of the key differences between an annual wellness check and an office visit.**

### Annual wellness checkup

**The purpose of an annual wellness checkup** is to review your overall health, identify risks and find out how to stay healthy. Your plan covers 100% of an **annual wellness checkup** when you see a doctor in your plan network. At your appointment, your doctor will:

- Check your weight, height, temperature, blood pressure, pulse and listen to your heart and lungs
- Examine your ears, eyes, throat, skin and abdomen
- Provide immunizations, cancer screenings (breast, colorectal, cervical, prostate cancer) and blood tests (cholesterol, blood sugar)
- If your doctor requests lab work related to your annual wellness check up before your visit, it would be covered at \$0. All services provided during your annual wellness checkup are also covered at \$0

### Office visit

**The purpose of an office visit** is to discuss or get treated for a specific health concern or condition.

**You may have to pay for the visit as part of your deductible, copay or coinsurance.** At your appointment, your doctor will:

- Do lab work or X-rays
- Recommend additional tests related to a specific health concern, condition or injury
- If your doctor orders additional tests or follow up visits at your annual wellness check, then you may have to pay as part of your deductible, copay or coinsurance

If you want to know about costs, ask your doctor for an estimate of fees before you visit. You can also call the number on the back of your Florida Blue member ID card **to find out what your plan covers.**

\*See your benefit booklet for details.

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