

# Annual Wellness Exam

CareFirst BlueCross BlueShield Advantage DualPrime encourages all members to get an annual wellness exam once every 12 months. The visit is offered to all Medicare members one (1) time each year at no cost. This visit must be completed in-person during 2023 in order for you to be eligible for a healthy reward. During this visit, your doctor will check on your health. The doctor will work with you to develop a care plan made just for you.

## During your annual wellness exam, remember to:

- Educate yourself about the screenings you may need.
- Ask questions about your health numbers (blood pressure/body mass index).
- Share information with your doctor about any pain you may have.
- Inform your doctor about any physical or mental changes you are experiencing.
- Talk to your doctor about any over-the-counter drugs you take to see if they are safe to take along with any prescription medicine prescribed to you.
- Reduce the risk of falls by talking about how to prevent them.
- Discuss advance care planning with your doctor. Advance care planning is making decisions about the care you would want to receive if you become unable to speak for yourself.

## Getting your healthy reward is easy



Call your doctor to schedule the preventive screening, exam, or vaccination you need. If you prefer, we can assist you in scheduling your visit. Just call our Member Services number.



Take this booklet with you to your appointment.



Write your full name and member identification number (located on the front of your member ID card) on the form.



Fax your completed form to CareFirst BlueCross BlueShield Advantage DualPrime at 410-779-3957 after your visit from your provider's office.

Your healthy rewards will be loaded onto the healthcare prepaid benefit type card after we receive the completed form and have verified the services. Healthy rewards cannot be used to buy tobacco or alcohol. Healthy rewards cannot be converted to cash. All preventive measures must be completed during the 2023 calendar year. This reward can only be earned once per calendar year.

# 2023 Annual Wellness Exam



**Provider:** Please complete all fields and fax this form to CareFirst BlueCross BlueShield Advantage DualPrime at 410-779-3957 or mail to CareFirst BlueCross BlueShield Advantage DualPrime, Attn: Quality Dept., P.O. Box 915, Owings Mills, MD 21117

COMPLETE THE INFORMATION BELOW	
Name:	
Member ID (found on Health ID card):	Member Date of Birth:
Member Signature	
Name of Provider:	Date of Visit:
Practice Name:	
Address:	
Phone:	Fax:

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