

“How to” Health Tips

How to Prepare for Your Wellness Visit

Preventive wellness visits, such as physical exams, are part of your medical benefits. To take advantage of this benefit, and to get the most out of your visit with your healthcare provider, follow these three easy steps:

1 Schedule a physical exam with your primary care provider.

Tell your provider’s office that you are making an appointment for a wellness visit. A comprehensive wellness visit should include the following:

- A physical exam
- Record of your personal health and family history
- Discussion about risk factors (for example: smoking, obesity, diabetes, physical activity, etc.)
- The ordering of lab tests and diagnostic procedures, if applicable
- Counseling and guidance

2 Write down any questions or concerns you have about your health.

Bring your list to your wellness visit so you can discuss your questions and concerns with your healthcare provider.

3 Bring these things with you too:

- Your HMA member ID card: If you cannot find it, you can download it from the Member Portal at www.accesshma.com. After logging in, you will find the ID card under the “My Eligibility” menu.
- A list of any prescriptions and over-the-counter medications or supplements you may be taking.



To see which preventive services
you may need this year,
based on your age and sex, go to:

[http://healthfinder.gov/
myhealthfinder/](http://healthfinder.gov/myhealthfinder/)