THE STATE OF DELAWARE DELA*WELL* HEALTH MANAGEMENT PROGRAM

GET YOUR ANNUAL PHYSICAL EXAM

KEEP YOUR MEDICAL INFORMATION CURRENT

TAKE YOUR MEDICAL INFORMATION TO YOUR APPOINTMENT. THIS SHOULD INCLUDE:

- Current medical insurance information
- Up-to-date list of all medications (prescription and over-the-counter)
- List of all dietary and herbal supplements, vitamins and minerals
- List of all allergies (medicine, food, environmental, etc.)
- List of all health information (surgeries, procedures, hospitalizations, illnesses, etc.)
- Information about your family health history
- List of current immunizations and vaccines
- Dates and results of all medical tests, blood tests, procedures, screenings or X-rays
- Females: First day of last menstrual period
- List of symptoms, concerns or changes
- List of concerns or questions you want to address during the appointment
- If applicable: Copy of your health plan's list of covered prescription drugs—also known as a formulary.

TYPES OF PROVIDERS THAT OFFER ANNUAL PHYSICAL EXAMS:

- Your doctor
- Internal Medicine
- General Practitioners
- Family Practice
- GYNs

Contact Blues On Call℠ Health Coach at 1-888-BLUE-428 (1-888-258-3428) or log in to highmarkbcbsde.com for assistance.

WHAT QUESTIONS TO ASK?

DURING THE EXAM:

- Ask questions about anything that seems unclear to you, such as the names and purposes of tests your health care provider may order.
- Ask if there are any changes since your last exam.

WHEN A TEST OR SCREENING IS ORDERED, ASK:

- What is the name of the test/screening?
- What does the test/screening detect?
- How do you prepare for the test/screening? Are there any preparation instructions?
- Where will the test/screening be done?
- How long does the test/screening take?
- Will I need to arrange for someone to take me home after the test/screening?
- Ask when it is best to call the health care provider with questions.
- Find out when you should return for your next exam.

BEGINNING JULY 1, 2015, MOST PREVENTIVE CARE IS COVERED 100 PERCENT

You are covered for preventive care. Most is covered 100 percent if you see a network doctor. Make sure to check your employee benefits for prior authorizations. Remind your doctor that you are there for your routine preventive exam so your visit is properly billed.

HIGHMARK Delaware

DelaWELL — Placing Delaware at the Forefront of Wellness

Statewide Benefits Office SBO — Benefits Made Easy

WHAT YOU GET AT YOUR ANNUAL PHYSICAL EXAM:

- ✓ **Vital Signs**
  (Blood Pressure, Heart Rate, Respiration Rate, Temperature)
- ✓ **Head and Neck Exam**
  (Throat, Tonsils, Teeth and Gums, Ears, Nose, Sinuses, Lymph Nodes, Thyroid and Carotid Arteries)
- ✓ **Abdominal Exam**
  (Liver Size, Fluid, Bowel Sounds, Tenderness)
- ✓ **Recommended Lab Tests**
- ✓ **Cholesterol Screening – every 5 years**
  (more frequently with risk factors)
- ✓ **Preventive Screenings**
  (age and gender appropriate)

Note: This is a list of the most common items covered during regular annual preventive exams. These may vary relative to the individual and provider needs.

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