

# Your yearly checkup

## Make an appointment with your primary care provider (PCP) today

Yearly checkups, also called annual wellness visits, are a great way to make sure you stay healthy. These visits are in addition to other doctor visits for medical concerns. You should get a yearly checkup even if you don't feel sick.



### See your PCP – it's important

- You should see your PCP once a year to talk about your health
- Together, you can create or update your care plan



### This visit is covered at no cost to you

- See your in-network PCP for this visit
- Your PCP is the main doctor you see for most of your care
- Remember to bring your member ID card to the visit



### Get help with your appointment

- From scheduling your next checkup appointment to finding a PCP, count on us to help you get the care you need, as soon as you need it.
- For questions, chat with Member Services through [myuhc.com/communityplan](https://myuhc.com/communityplan) or the UnitedHealthcare® app



### What to expect at the visit

1. Your PCP may check your heart and lungs, hearing, vision and body mass index (BMI)<sup>1</sup>
2. Be sure to ask about other tests, screenings or shots that are right for you
3. Let your PCP know about any of your health concerns

See the back side to learn more



## Other important steps for your health

- Talk to your PCP about what illnesses you may be at risk for
- Know and track your numbers, like blood pressure and cholesterol
- Get plenty of physical activity and make healthy food choices



## More ways we can help

- **NurseLine.** Questions about your health? Speak with a registered nurse 24/7. Call **1-866-827-9019**, TTY **711**.
- **Well visits.** Routine shots and tests can help keep you healthy.

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UnitedHealthcare does not discriminate on the basis of race, color, national origin, sex, age or disability in health programs and activities.

We provide free services to help you communicate with us. Such as, letters in other languages or large print. Or, you can ask for an interpreter. To ask for help, please call the toll-free member phone number listed on your health plan member ID card, TTY 711, 8:30 a.m.-5:30 p.m., Monday-Friday.

ATENCIÓN: si habla español, hay servicios de asistencia de idiomas, sin cargo, a su disposición. Llame al número de teléfono gratuito que aparece en su tarjeta de identificación.

تنبيه: إذا كنت تتحدث العربية، فنتوفر خدمات المساعدة اللغوية مجاناً. اتصل على الرقم المجاني المدون على بطاقة هويتك.