



Getting the most from your wellness visits



It's important that you see your primary care provider (PCP) for an annual wellness exam once a year. Here are a few ways to make the most of your visit.

Come prepared

- Write down any concerns or questions you have. It's good to talk to your PCP about any health changes you've noticed.
- Bring a list of all prescriptions, over-the-counter drugs, vitamins and supplements you take so that you can go over them with your PCP.
- Share your family health history with your PCP. This can help them determine if you have any risk for conditions like cancer, heart disease or diabetes so you can take action.

Take charge

- Ask if you are due for any screenings or vaccinations.
- Take notes. It can help you remember it later.
- Ask your PCP to explain things you don't understand. Sometimes it's hard to understand medical terms.
- Make sure you know when you'll get test and X-ray results, and how your PCP will follow-up.

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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.

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