



Your Annual Wellness Visit Checklist

Wellness begins with understanding. Your Blue Cross Group Medicare AdvantageSM plan includes a \$0 copay Annual Wellness Visit with your health care provider. Use this checklist to guide the conversation. The visit also qualifies as a \$50 Healthy Action through the Rewards Program!* Look for the **\$** in the checklist below for items that qualify and help you earn up to \$100 in gift cards each year. Visit www.BlueRewardsNM.com to select a gift card and start earning today.

Talk With Your Doctor About	Completion Date / Notes
<input type="checkbox"/> All your current conditions and treatments	
<input type="checkbox"/> Prescription and over-the-counter medications	
<input type="checkbox"/> Any pain you have and what you do for it	
<input type="checkbox"/> Difficulties with daily activities	
<input type="checkbox"/> Your level of physical exercise	
<input type="checkbox"/> Balance issues or recent falls \$	
<input type="checkbox"/> Difficulties with bladder control	
<input type="checkbox"/> Problems with sleeping or memory loss	
<input type="checkbox"/> Tobacco, alcohol or drug use	
<input type="checkbox"/> Hospital or ER visits in the last 90 days	
Complete These Basic Exams	Completion Date / Notes
<input type="checkbox"/> Blood Pressure	
<input type="checkbox"/> Height, Weight and Body Mass Index (BMI)	
<input type="checkbox"/> Blood Sugar and Retinal Eye Exam (if applicable) \$	
Review Your Screenings and Vaccines	Completion Date / Notes
<input type="checkbox"/> Annual Flu Vaccine \$	
<input type="checkbox"/> Bone Density Exam \$	
<input type="checkbox"/> Colorectal Screening \$	
<input type="checkbox"/> Mammogram \$	
<input type="checkbox"/> Pneumonia Vaccine	

Continues on reverse

Prescription and Over-the-Counter Medication Tracker

Blue Access for MembersSM (BAMSM). **Everything you need to know about your coverage — in one place.**

Find your prescription drug history and more through Blue Access for Members (BAM). With BAM you can see benefit details, find a doctor or network pharmacy, request or print your ID card, let us know how you'd like us to communicate with you and more.

It's easy to get started.

Visit www.bluemembernm.com or grab your smart phone and your ID card and text* **BCBSNMAPP** to **33633** so you can use the BAM mobile app while you're on the go.

This Annual Wellness Visit checklist is also available at www.bcbsnm.com/retiree-medicare-tools

* Message and data rates may apply.

Registration is required to participate. Visit www.BlueRewardsNM.com to register and see what Healthy Actions earn rewards. If you do not have internet access, call customer service using the phone number on the back of your insurance card. Maximum annual rewards of \$100 in gift cards. One reward per healthy action per year. Healthy action dates of service must be in the current Plan year. Healthy Actions that earn rewards are subject to change.

This information is not a complete description of benefits. Contact the plan for more information. If you have other questions or concerns, please call the phone number on the back of your member ID card.

The Healthy Activity Portal is a website owned and operated by HealthMine, Inc., an independent company that provides digital health and personal clinical engagement tools and services for Blue Cross Medicare Advantage members.

Blue Cross[®], Blue Shield[®] and the Cross and Shield Symbols are registered service marks of the Blue Cross and Blue Shield Association, an association of independent Blue Cross and Blue Shield Plans.

HMO and PPO plans provided by Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an Independent Licensee of the Blue Cross and Blue Shield Association. HCSC is a Medicare Advantage organization with a Medicare contract. Enrollment in HCSC's plans depends on contract renewal.