



Wellness Exam Incentive: *Tips & Resources for Making Your Doctor's Appointment*

Scheduling Your Appointment

- Don't wait, schedule your appointment with a network provider early so you don't risk missing the **June 30th deadline**.
- Ensure your selected provider is a **network provider** under the Blue Cross and Blue Shield of Texas (BCBSTX) Blue Choice PPO Network by using the Provider Finder on the BCBSTX website.
- Inform the doctor's office appointment staff that you are scheduling your "annual wellness checkup".

Preparing for Your Appointment

There are steps that you may choose to take in advance of your appointment to help you get the most out of your time with the doctor during your wellness exam office visit:

- Print a list of current medications to take with you to your wellness exam office visit. You can access your medication history through Express Scripts by following the instructions below
 1. Go to the express-scripts.com.
 2. Log in to account or create/register new account.
 3. Click Health & Benefits Information link.
 4. Select Prepare for My Doctor Visit from drop down menu.
 5. Select patient name.
 6. Click on View medication history link.
 7. You may also utilize the Print the Kit options that will print an entire packet that includes medication history, prescription benefit highlights and a RX fax form.
- Determine with your doctor's office if any lab orders can be requested and completed in advance of your appointment in order for the results to be available for discussion during your appointment.
- Additional tips are available at the below Center for Advancing Health website: <http://www.cfah.org/prepared-patient/communicate-with-your-doctors/getting-the-most-out-of-doctors-appointment>

Attending Your Appointment

- Check in at the doctor's office and confirm your appointment as your "annual wellness checkup".
- *Cut along the dotted line and provide the BOTTOM PORTION of this page to the doctor's office to explain the Texas A&M System Wellness Exam Incentive.*



Texas A&M System Wellness Exam Incentive - Medical Provider Information

The Texas A&M University System is taking steps to encourage employees to live healthier lives by actively engaging with a health care provider through using preventive services available under the A&M Care Health Plan. To promote this healthy behavior, enrolled members **can receive a wellness exam/annual physical** during the designated time period to receive the lower wellness premium rate on their insurance.



While physicals and wellness exams often include such things as a blood pressure check, cholesterol test, glucose test, and/or a body mass index check no specific tests are required as the A&M System feels your judgment as a physician should determine which tests to administer based on the patient's age, gender, medical history and physical condition.

A&M System employees are not limited on the amount of times they can receive a wellness exam in a given fiscal year.

Questions pertaining to the Wellness Exam Incentive claim coding or submission should be directed to Blue Cross Blue Shield directly at 1-866-295-1212. We appreciate your help and cooperation!