

A TOOL FOR A HEALTHIER YOU

An annual checkup is one of the best steps you can take for your health. Review this checklist with your doctor to keep track of everything you discuss. When you complete your annual wellness visit, you earn \$50 in incentive dollars added to your FlexCard.

Topics for you and your doctor	Date completed and notes
Your overall health such as current conditions and treatments	
Medication management including prescription and over-the-counter medications (be sure to bring them with you to the visit or bring a list)	
Pain management – any pain you have and what you do for it	
Difficulties with daily activities	
Your level of physical exercise	
Balance issues or recent falls	
Difficulties with bladder control	
Problems you have with sleeping or memory loss	
Tobacco, alcohol or drug use	
Hospital or ER visits in the last 90 days	
Complete your Health Risk Assessment and review the results with your doctor	
During your exam	Date completed and notes
Blood pressure	
Measure height, weight and body mass index (BMI)	
Screen for potential risk factors for depression and other mood disorders	
Review your screenings and vaccines	Date completed and notes
Breast cancer screening (mammogram)	
Colorectal cancer screening (colonoscopy), Cologuard, iFOBT	
Lung cancer screening	
Bone density exam	
Vaccines such as flu, shingles, COVID-19, pneumonia or Hep B	
If you have diabetes, ask your doctor about:	Date completed and notes
Checking your blood sugar and ordering an A1C test	
Ordering blood and urine tests to check the health of your kidneys	
Taking a statin medication to help reduce your risk of heart disease or stroke if you're not already taking one	
Scheduling a visit with an eye doctor to check for diabetes-related vision issues	

Schedule your \$0 annual wellness visit today.

If you do not have a primary care doctor, login to your online member account at myNebraskaBlue.com to find an in-network doctor near you.

Or call Member Services at 888-488-9850 (TTY 711). Our Member Services hours are 8 a.m. to 9 p.m. Central time, seven days a week from Oct. 1 through March 31; 8 a.m. to 9 p.m. Central time, Monday through Friday from April 1 through Sept. 30.

FlexCard is provided by Payforward, an independent company that provides over-the-counter items for Blue Cross and Blue Shield of Nebraska.

Your member incentives are dollars you earn for completing healthy activities throughout the year. The incentives you earn will be placed on your FlexCard 3-5 days after the claim is processed or completion of the Health Risk Assessment (HRA) or opting in for electronic communication. No action is needed after the service eligible for a reward has been completed.

Your incentive rewards will never expire as long as you are a member on the plan.

To view eligible retailers, visit the Rewards and Incentives area at myNebraskaBlue.com or on the My Total Benefits app. Retailers include, but are not limited to, Walmart, Starbucks, Dunkin Donuts, Best Buy, PetSmart, TJ Maxx, Marshalls, Home Goods and Subway. You cannot use your incentive dollars for tobacco products and alcohol.