



Be Involved in Your Physical, Mental & Emotional Health!

Embrace An Ounce of Prevention

The following checklists provide a reminder of important screenings, tests and conversations with your provider which are critical for good health. Note that these are general guidelines; your provider may suggest more frequency based on your health history.

Humana and WellCare offer gift cards for healthy behaviors. Contact your plan for specifics regarding the reward.

- ❑ **Annual Wellness Visit for Physical Mental and Emotional Health** – Encouraged for all patients each year. [Humana reward](#) * [WellCare reward](#)
- ❑ **Blood Pressure Measurement To Reduce Heart Attack & Stroke** – Patients 18-85 that have been diagnosed with hypertension should have their blood pressure checked at every visit and their blood pressure should be less than 140/90. [WellCare reward](#)
- ❑ **Body Mass Index (BMI) Monitoring to Determine Risk for Heart Disease, Diabetes, Certain Cancers and Other Diseases** – Patients 18-74 should have their BMI documented by their provider every two years. [Monthly Humana reward for regular exercise](#)
- ❑ **Mammogram For Increased Survival from Breast Cancer** – Women 50-74 years of age need a mammogram to screen for breast cancer every two years. [Humana reward](#) * [WellCare reward](#)
- ❑ **Colonoscopy to Prevent and Detect Colon Cancer** – Patients 50-74 years of age should have the following to be screened for Colorectal cancer. [Humana reward](#) * [WellCare reward](#)
- ❑ **Flu Vaccination To Prevent Dangerous Influenza** – Encouraged for all patients each year. [Humana reward](#) * [WellCare reward](#)
- ❑ **Bone Density Test or Drug Therapy To Prevent Secondary Fractures from Osteoporosis** – Women 67-85 years of age who suffered a fracture must have a bone mineral density test or be prescribed an osteoporosis treatment drug within 6 months of the fracture. [Humana reward](#) * [WellCare reward](#)

For Diabetics

- ❑ **Blood sugar monitoring and control** – Patients 18 - 75 years of age with diabetes (type 1 and type 2) should have a blood draw, resulting in HbA1c less than 9.0. [WellCare reward](#)
- ❑ **Kidney Function Test** – Patients 18-75 years of age with diabetes (type 1 and type 2) should have a urine test to monitor kidney function. [WellCare reward](#)
- ❑ **Foot Exam To Reduce Risk of Amputation** – Diabetics should have routine foot exams to monitor dangerous foot ulcers and other circulation problems.
- ❑ **Eye Exam To Monitor the Health of Blood Vessels in the Eye** – Patients 18 - 75 years of age with diabetes (type 1 and type 2) should see an eye doctor every year to undergo a retinal eye exam. [WellCare reward](#)

Money Saving Tips in Managing Your Health

- ❑ **Generic vs. Brand Medications.** Your provider may be able to prescribe generic medicine that will save you money over a high cost branded medication. You may also have access to 90- day mail order medications with convenient home delivery.
- ❑ **Over the Counter Medicines.** Many health plans include a stipend for over-the-counter medicines and supplies. Click below to find out more.
[AETNA](#) [HUMANA](#) [WELLCARE](#)
- ❑ **See Your PCP First.** Often specialist care can come with a higher co-pay; your PCP may be able to provide an alternative to a more expensive specialist visit.
- ❑ **Use After Hours vs. Urgent Care vs. Emergency Room.** For illness or light injury, contact your PCP before going to urgent care or emergency room. They may have after hours or other resources to assist you.

After Hospitalization

Primary Care Physician Visit within 14 Days of Hospital Discharge – A visit with your primary care physician after being discharged from the hospital significantly reduces the risk for readmission. Your physician will review your medications during this visit.

Discussion Guide

[Download this helpful guide](#) and bring to your next visit with your care team.

