

Schedule Your Annual Physical Today

As a CareFirst BlueCross BlueShield Group Advantage (PPO) member, you receive a physical exam once a year in addition to the annual wellness visit.

Annual Physical Exam

This exam is used to identify issues and is not covered by Original Medicare. As a CareFirst BlueCross BlueShield Medicare Advantage member, you can receive an annual physical exam once a year.

A physical exam is a comprehensive hands-on assessment to help your doctor assess any problems and determine if additional tests are needed to rule out any potential health problems.

Annual Wellness Visit

The primary purpose for this visit is prevention and is covered once per year.

A wellness visit helps your doctor understand what's working for you and how best to support your continued health and well-being by completing a Health Risk Assessment (HRA). The wellness visit is not a physical exam.

Completing an annual physical exam and wellness visit ensures a comprehensive evaluation of your health status and needs.

Annual Physical Exam	Annual Wellness Visit
Review your medical and family history	
Routine measurements for things like height, weight, and blood pressure	
Perform lung, head and neck, abdominal and neurological exams	Make a schedule for preventative screenings
Check for reflexes and vital signs	Test for cognitive wellness
Take samples and submit them for lab testing	Offer personalized health advice

Please contact your physician to schedule your annual physical exam and wellness visit. Both are covered by your Group Advantage (PPO) plan.



CareFirst BlueCross BlueShield Medicare Advantage is a PPO plan with a Medicare contract. Enrollment in CareFirst BlueCross BlueShield Medicare Advantage depends upon contract renewal.

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