

Your Wellness Check List

Primary Care Provider Name:

FBHP advises all enrollees establish a relationship with a single Primary Care Provider you can trust to guide your “Better Health” journey. You’ll find having a trusted PCP will positively support your quality of life as you make annual updates to your Personalized Prevention Plan.

Primary Chronic Condition (s):

ANNUAL WELLNESS VISIT AND SCREENINGS

Annual Wellness Visit

Medicare covers the cost of an Annual Wellness Visit once every twelve (12) months. Start your year with an AWV to develop, or update, your Personalized Prevention Plan and perform a Health Risk Assessment. This visit is critical to outlining your plan for screenings and condition management in 2024.

Date Completed:

Screening Mammogram

Medicare covers the cost of Screening Mammograms for women between the ages of 52 – 74 years every two (2) years per USPTF recommendation. There are exclusions for screening mammograms based on your medical history, so please consult with your Primary Care Provider to determine what’s best for you.

Date Completed or Most Recent Screening:

* Document “**Date of Most Recent Screening**” if you’ve had a Screening Mammogram within the past two (2) years as you may not qualify for coverage in 2024.

Colorectal Screening

Medicare covers the cost of Colorectal Screening for all adults between the ages of 50 – 75 years per USPTF recommendation. There are exclusions for colorectal screenings based on your medical history, so please consult with your Primary Care Provider to determine what’s best for you.

Date Completed or Most Recent Screening:

* Document “Date of Most Recent Screening” if you’ve had a Colorectal Screening within the past ten (10) years, unless otherwise indicated, as you may not qualify for coverage in 2024.

Influenza Vaccination

The Centers for Disease Control (CDC) recommends the administration of influenza vaccinations to all adults above the age of 65 years. This is **not required**. If you choose to “opt-out,” you may leave this field blank.

Date of Administration:

CONDITION MANAGEMENT

DIABETES MANAGEMENT

Diabetic Care: Eye Exam

Medicare covers the cost of Diabetic Eye Exams for all adults diagnosed with Diabetes Mellitus, annually, to screen for Diabetic Eye Disease per the National Eye Institute’s recommendation. Please consult with your Primary Care Provider to determine what’s best for you.

Date Completed:

CONDITION MANAGEMENT cont.

DIABETES MANAGEMENT

Hemoglobin A1C

The National Committee for Quality Assurance (NCQA) defines “controlled Hemoglobin A1C” as a range of 8% or less. Proper diabetes management is essential to controlling blood glucose, reducing risks for complications and prolonging life. Please ensure your diabetic care is being routinely monitored by a primary care provider.

Date Completed:

Statin Drug Use

The American Diabetes Association recommends a statin medication for most adults diagnosed with diabetes due to an increased risk for cardiovascular disease and events. If you have Diabetes Mellitus, please discuss whether a statin medication is the appropriate choice for you. This should be discussed **during each Annual Wellness Visit** as part of your annual screening(s) and wellness conversations.

HYPERTENSION MANAGEMENT

Controlling Blood Pressure

The National Committee for Quality Assurance (NCQA) defines “controlled high blood pressure” as a range of 140/90 mm Hg or less. Proper hypertension management is essential to preventing heart attacks, stroke, kidney disease, and risk of developing other serious conditions. Please ensure your hypertension care is being routinely monitored by a primary care provider.

WE CARE ABOUT YOUR HEALTH

ADDITIONAL TOPICS TO DISCUSS WITH YOUR PRIMARY CARE PROVIDER

Mental Health

As your health plan, FBHP is committed to being an active partner in maintaining and, ultimately, **improving** your mental health. Please discuss mental health screening(s) at your next visit and contact your primary care provider or if you feel you need support navigating stress, depression, or problems processing your emotions.

Fall Risks

Discuss your personal fall risk with your primary care provider at your next visit. If you are at an increased risk for fall(s), ensure discussion includes planning and prevention.

Exercise and Activity Levels

As your health plan, FBHP is committed to being an active partner in maintaining and, ultimately, improving your physical fitness. Discuss ways to integrate physical fitness into your day-to-day lifestyle decisions (e.g., taking the stairs versus elevator) with your primary care provider.

Improving Bladder Control

A common change associated with aging is a lessened ability to manage urinary leakage and episodes of incontinence. Discuss ways to manage and, ultimately, **improve** bladder control with your primary care provider.

Osteoporosis

“Thinning” or “Brittle” bone density is a common change associated with aging. As your health plan, FBHP is committed to being an active partner in preventing fractures associated with osteoporosis. Discuss screening and maintenance measures with your primary care provider at your next visit.



Comprehensive Medication List

We are now offering an *Auto-Refill Mail Order Delivery Service* in collaboration with Optum Rx as our preferred method for refilling your prescription drugs. Make sure you sign up today to eliminate pharmacy wait times and save money!

**Method of payment will be required to complete enrollment. Restrictions may apply. Contact Optum Rx for more information.*

Dosing and Use Instructions

Use this document to keep a list of medications prescribed in 2024. As your health plan, we encourage you to understand the purpose and (potential) side effects of your medication(s). If you have any questions or concerns, contact your Primary Care Provider or Pharmacist for more information.

Active Medication Name	Dosage	Instruction(s)	Discontinued Date

Need Financial Assistance with Drug Costs?

Medicare Drug Cost Assistance Program

The Medicare EXTRA HELP program is designed to assist low income people pay their Medicare Part D premiums, deductibles, coinsurance, and other costs. **Eligibility requirements are associated.** More information can be found at <https://www.medicare.gov/basics/costs/help/drug-costs> or call 1-800-772-1213. TTY users may call 1-800-325-0778.