



## What's your wellness motivation?

Do you want more energy for the things you love? To prevent or manage health conditions? To earn the wellness program reward?

**No matter your motivation, the wellness program is here to reward and celebrate the work you put into your wellness journey.**

### Wellness Portal Resources

#### Health Assessment






The online health assessment has an intuitive and interactive design. After completion, you'll immediately receive a personal report, as well as a physician summary, perfect for sharing with your primary care provider.

#### Cognitive Training Courses

Cognitive training courses empower you to make lasting behavior change and reduce current or future health risks. Each course is engaging and offers resources to help you maintain focus between sessions. And don't worry. All your information is kept confidential.

#### Microlearning Courses

Traditional online courses don't work for everyone. Our microlearning courses use the same research backed content and techniques as our cognitive training courses, but broken down into short, highly engaging lessons.

-  **Track Steps, Food, Sleep**
-  **Exercise Videos**
-  **Wellness Articles**
-  **Healthy Recipes**
-  **Wellness Challenges**



## Annual Physical Planner

**Appointment Date and Time:** \_\_\_\_\_

**Name of Provider:** \_\_\_\_\_

### Tips for preparing for an annual physical:

**Transportation plan:** Make a plan for getting to the doctor's office early and getting time off from work.

**Medical history:** Be prepared to answer questions about your health as well as any health conditions that run in your family. If you recently completed a screening and/or health assessment through your wellness program, bring the results to share with your PCP.

**Medications:** Make sure to know the names and dosages of all prescription and non-prescription medications and supplements you take.

**Dress comfortably:** A short-sleeved shirt will make it easier to get your blood pressure tested.

**Forms:** If you need to get a form completed at your annual physical for your wellness program, don't forget to print a copy from the wellness portal and bring it with you.

**Understand your medical costs:** Annual physicals are typically covered at 100% by health insurance, but if you talk about a specific health concern or get treated for a health condition at your physical, you may receive a bill for your appointment because it's no longer considered preventive care. This doesn't mean you shouldn't bring up questions about your health or any symptoms you're experiencing, but be prepared for potential costs. Contact your health insurance plan for details on your medical costs.

Use this page to prepare any notes you may want to reference during your physical.

Medication/Supplement	How Much	How Often

Health Condition	Family Member

Any questions for your PCP about symptoms you're experiencing or how to improve or maintain your health?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Use this page to take notes on what you discussed during your physical.

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Are there any actions you need to take based on your PCP's recommendations?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

*Tip: It's important to feel comfortable with your PCP. If you're concerned your doctor isn't a good fit for you, you can ask family and friends for recommendations of a good PCP. If you find a doctor you're interested in, simply call their office to ask if they're accepting new patients and the process for establishing a primary care relationship with them.*

Any additional preventive care or follow-up appointments:

Department/Specialty	Provider Name	Purpose of Appointment	Date	Time