

“I feel fine!”



So why should I check in for an annual preventive exam?

Actually, now is when you *should* check in with your doctor. That’s the point of your annual preventive exam — to stay ahead of potential concerns now and for years to come.

An annual preventive exam includes basic services that are covered by your health plan.* For many, it’s also an opportunity to receive additional or recommended care as part of an overall investment in long-term health. Read on to see why scheduling once per year should be a priority, even if you’re feeling fine.

- ✔ **Get screened for preventable chronic health conditions**
Preventive health screenings can help catch chronic conditions like heart disease or diabetes before they turn into costly, time-consuming and painful larger issues. Your doctor will perform a physical exam and may check in on your mental health. Treatments or tests not specifically defined as [ACA preventive services](#) may result in additional costs.
- ✔ **Answer your health-related questions**
Curious about other aspects of preventive health, when and how to get care, or just want to get something off your mind? Your doctor has a wealth of health information and learned experience they’d be happy to share.
- ✔ **Address any current symptoms you may have**
Your doctor may ask about any current or past symptoms. You may choose to discuss specific or preexisting health concerns knowing that this can change the nature of your visit.
- ✔ **Review your immunizations**
[Covered immunizations](#) are recommended according to your age. Now’s the time to see if they’re up to date and to renew them if needed.

Nearly 40% of adults in the United States

are estimated to be suffering from preventable chronic conditions.



* Basic preventive exams are covered 100% by your health plan when performed by an in-network doctor. If their diagnosis is something other than preventive care, you may be billed for a medical visit, which could lead to out-of-pocket costs.

Source: CDC, “Chronic Disease Prevalence in the U.S.,” 2024.

Check in with your doctor once per year.

Make full use of your Wellmark benefits.

If you're only going to the doctor when something starts to feel off, you may be paying more out-of-pocket for walk-in clinics and emergency rooms.

But basic preventive services are included with your health insurance once per year at no cost to you when performed by an in-network provider. That gives you a great opportunity — and every reason — to check in on your health before symptoms appear.

Why wait? Your visit only takes about an hour per year, but the information you walk away with could save your life.



Get the guide and get back on track.

If you haven't visited your doctor in a while, Wellmark's guide explains what to expect and how to prepare.



View the guide.

Schedule your annual preventive exam now!

It's easy to search for an in-network provider at [Wellmark.com/Find-Care](https://www.wellmark.com/Find-Care).



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