Medicare Advantage Members Receive Personalized Healthy Checklist

Dear Provider,

To help our Medicare Advantage members stay as healthy as possible, we are sending them a checklist of recommended preventive screenings and healthy behaviors. The checklist is customized based on age, gender and certain conditions, such as diabetes, coronary artery disease and heart failure. For example, members with diabetes will receive a checklist that encourages them to get kidney function and blood sugar tests, and to have an annual retinal exam. The checklist sent to our members is below.

We encourage your patients to bring the checklist to each appointment and work with you to coordinate appropriate care.

In most cases, the Medicare Annual Wellness Visit and the Initial Preventive Physical Exam are covered in full at no cost to your patients. Please complete or schedule any needed preventive services during these visits. These valuable services can take varying amounts of time and resources. **Please bill us in accordance with the Centers for Medicare and Medicaid Services guidelines.** Some reimbursable services may be completed by nurse practitioners and other non-MD providers.

**Help identify Medicare Advantage Members who need preventive services with our Customized Reports**

You can now get monthly reports to help you identify Medicare Advantage members who may have missed important preventive health care and screenings. These reports include mammography, glaucoma screening, colorectal cancer screening and osteoporosis management (for women with fractures). This member-level data is available for individual providers and also can be aggregated at the medical group level. The data is refreshed monthly for these reports.

To get these reports, please contact the Anthem Clinical Quality Department: [CQMI@wellpoint.com](mailto:CQMI@wellpoint.com)

Thank you for helping your Medicare Advantage patients get these important preventive services.

Catherine MacLean, M.D.
Staff Vice President, Clinical Quality

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No regrets. How often do we say, if only I had known sooner? By getting preventive screenings and services, you are staying in control of your health.

There is no cost to you for most services. Medicare covers most preventive screenings and many diagnostic tests. See www.medicare.gov for details.

Help your doctor help you. Every year, Medicare covers a wellness visit for preventive care. During this visit, your doctor may advise you to get specific screenings.

Detect disease early, when treatment is most likely to work best.

Prevent illness, like the flu. Medicare covers a flu shot once each flu season, in the fall or winter.

Stay on track. This Checklist can help you keep track of any special screenings or services you need.

Don’t become a statistic. If you have health problems, you are not alone! Your doctor can help you take control.

Know your numbers. Keeping your blood pressure, cholesterol and weight under control lowers your risk of a heart attack or stroke. Start by knowing your numbers.

Get free counseling. Medicare now covers counseling for weight issues, smoking cessation and other problems.

Don’t let your health get in the way! Talk with your doctor soon. Use the Healthy Checklist to make a commitment to yourself.

Remember, you need to help your doctor take care of you.
Keep your health in check with this personalized list.
Take it with you to your doctor, including your wellness visit. This important yearly visit is free\(^1\) for all Medicare beneficiaries.

Stay on top of your screenings, jot down your questions, and talk with your doctor.

It’s yours to use ... in good health!

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### Get the most out of your free\(^1\) wellness visit!

As a Medicare beneficiary, you are entitled to one free wellness visit per year. To get the most out of this visit, just follow these tips:

**Bring all of your medications along with any other pills you may take, and ask your doctor:**
- How to know if medicine is working for you
- What to do if you have trouble taking or getting medicine
- What to do if you have side effects
- How drugs work differently as people age

**Discuss these results with your doctor:**
- Blood pressure check
- Cholesterol check
- BMI (height and weight)

**Make sure you talk with your doctor about:**
- Diet and exercise
- Walking, balance, and how to prevent falls
- Any problems with bladder control, or other sensitive topics
- Physical or mental health concerns — your doctor can help!
- Any other screenings or care you may need

### Have questions or need help?

If you need help finding a doctor, making an appointment, getting transportation services in your area, or if you have any questions about your Healthy Checklist, please call us at 1-855-753-2144 (TTY/TDD 711), Monday – Friday 8 a.m. – 11 p.m. ET, Saturday 9 a.m. – 6 p.m. ET.

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### Use this personalized checklist to keep your health on track.

This list is for your own use. You do not need to send this list back to us. When you talk with your doctor about the preventive screenings below, ask about related diagnostic tests and costs. Though many are covered by Medicare, additional costs may be involved.\(^2\)

**Ask your doctor where to go and how often to get:**
- [ ] Flu shot
- [ ] Pneumonia shot
- [ ] Mammogram - breast cancer screening (for women only)
- [ ] Colorectal cancer screening
- [ ] Glaucoma check for eye disease

**Make a commitment to take control of your health:**
- [ ] Be as active as you can
- [ ] Take all medications exactly as directed
- [ ] Eat a healthy diet