

## BENEFITS

# Well Visits

Well visits help to screen for and decrease future health problems. Well visits are for members of all ages. They are also called a physical, an annual, or a check-up.



## Importance

Well visits can be one of the best times to visit a doctor. It gives people the chance to pause and ask questions about how to stay healthy.

At a well visit, someone can expect to talk with a health care professional about their or their child's family history, lifestyle habits, and any health concerns, including mental health.

A physical exam which includes checking vitals and weight or screenings which vary based on age, risk, and reproductive systems, is also part of this visit.



If you need help with the information in this document, including written/ oral translation; or in a different format like large print or as an audio file, we can help you at no cost. Call NHP at 800-541-6870 or State Relay 711 for callers with speech or hearing disabilities.

## Preparing for the Visit

- Bring paper and a pencil
- Bring a list of all medications used
- Review family and medical history
- Ask questions!
  - What screening tests/vaccines are needed to stay healthy?
  - How is my weight?
  - What should I be eating (or not eating)?
  - When do I need to come back?
  - How do I get my test results?
  - Am I getting enough sleep?
  - Is stress affecting my health?

Well visits do not have a co-pay, and adults can have one well visit per year. All youth well visits are free.

To find out how often you should take your young person, see: [bit.ly/3SU2HUF](https://bit.ly/3SU2HUF)

## CARE COORDINATION

Care coordination is free and can be used to help make appointments, get medications filled or set up transportation for your outpatient appointments. Call 888-502-4190 to connect with a care coordinator.