

## Wellness Exam Incentive: *Tips & Resources for Making Your Doctor's Appointment*

### Scheduling Your Appointment

- Don't wait, schedule your appointment with a network provider early so you don't risk missing the **June 30th deadline**.
- Ensure your selected provider is a network provider under the BlueCross BlueShield (BCBS) Blue Choice PPO Network. Use the provider finder at <http://www.bcbstx.com/>.
- Inform the doctor's office appointment staff that you are scheduling your "annual wellness checkup".

### Preparing for Your Appointment

There are steps that you may choose to take in advance of your appointment to help you get the most out of your time with the doctor during your wellness exam office visit:

- Complete the BlueCross Blue Shield Health Assessment (HA) and bring the *Provider Report* with you to your wellness exam office visit. Instructions for accessing the HA are included in the supplemental information in the FAQ at <http://employees.tamu.edu/benefits/wellness-exam>
- Print a list of current medications to bring with you to your wellness exam office visit, Instructions for accessing medication history through Express Scripts are included in the supplemental information in the FAQ at <http://employees.tamu.edu/benefits/wellness-exam>
- Determine with your provider if any lab orders can be requested and completed in advance of your appointment in order for the results to be available for discussion during your appointment.
- Additional tips are available at the below Center for Advancing Health website:  
<http://www.cfah.org/prepared-patient/communicate-with-your-doctors/getting-the-most-out-of-doctors-appointment>

### Attending Your Appointment

- Check in at the doctor's office and confirm your appointment as your "annual wellness checkup".
- Cut along the dotted line and provide the BOTTOM PORTION of this page to the doctor's office to explain the Texas A&M System Wellness Exam Incentive.

---

### Texas A&M System Wellness Exam Incentive – Medical Provider Information

The Texas A&M University System is taking steps to encourage employees to live healthier lives by actively engaging with a health care provider through utilizing preventive services available under the A&M Care Health Plan. To promote this healthy behavior, enrolled members will be **required to receive a wellness exam/annual physical** during the designated time period to receive the lower wellness premium rate on their insurance.

*The lower base premium rate will apply for employees and spouses who receive a complete annual physical or a well woman visit as evidence by a diagnosis code of V70 or a similar code appearing as one of the codes on the submitted BlueCross BlueShield claim. In order to facilitate the completion of the wellness exam incentive requirement, we request that a V70 or a similar diagnoses code be listed as the primary code when submitting the insurance claim to BlueCross BlueShield for payment.*

While physicals and wellness exams often include such things as a blood pressure check, cholesterol test, glucose test, and/or a body mass index check no specific tests are required as Texas A&M System feels your judgment as a physician should determine which tests to administer based on the patient's age, gender, medical history and physical condition.

Questions pertaining to the Wellness Exam Incentive claim coding or submission should be directed to Bluecross BlueShield directly at 1-866-295-1212. We appreciate your help and cooperation!