Blue Cross
Blue Shield
Blue Care Network
of Michigan

Confidence comes with every card.®

Schedule your annual check-up today

You go to the doctor when you're sick, but what about when you're healthy? Annual check-ups and tests can help find health problems early, and sometimes, before they even start. By having an annual health exam, you'll be taking important steps toward a longer, healthier life.

A routine health exam is a chance for your health care provider to:

- Screen for diseases
- Assess risk of future medical problems
- Encourage a healthy lifestyle
- Update vaccinations
- Maintain a relationship with you in case of illness

An annual check-up will allow you to talk with your doctor about specific health concerns. He or she may ask questions about your lifestyle behaviors, such as smoking, alcohol use, diet and exercise, vaccination status and family medical history. Your exam may also involve checking:

- Blood pressure
- Heart rate
- Respiration rate
- Temperature
- Heart and lung health
- Head and neck health
- Abdomen
- Blood and urine levels
- Prostate and testicles, for males
- Breasts and pelvis, for females

To find out what screenings and exams you might need, contact your primary care physician. If you don't currently have one, log in to your online member account or the mobile app and use the *Find a Doctor* tool.

Need to activate your online member account? Go to **bcbsm.com/register** and select *Register Now*, or download the app from the App Store® or Google Play™ (search **BCBSM**) and select *Register.*

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