Schedule your annual check-up today

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

To find out what screenings and exams you might need, contact your primary care physician. If you don't 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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