

What to expect at a

WELL-VISIT appointment

Going to your annual well-visit is integral to maintaining good health. Here's what you can expect when you meet with your doctor. Be sure to bring a list of any medications you're taking, as well as any questions or concerns you have.



VITAL SIGNS

A nurse or doctor will record your temperature, blood pressure, heart & breathing rates.



PHYSICAL EXAM

Your doctor will typically inspect your eyes, ears, throat, abdomen, and back for any potential issues. Mention any symptoms or concerns you've been experiencing.



VACCINES

Let your doctor know if you need any vaccines such as a flu shot or tetanus booster.



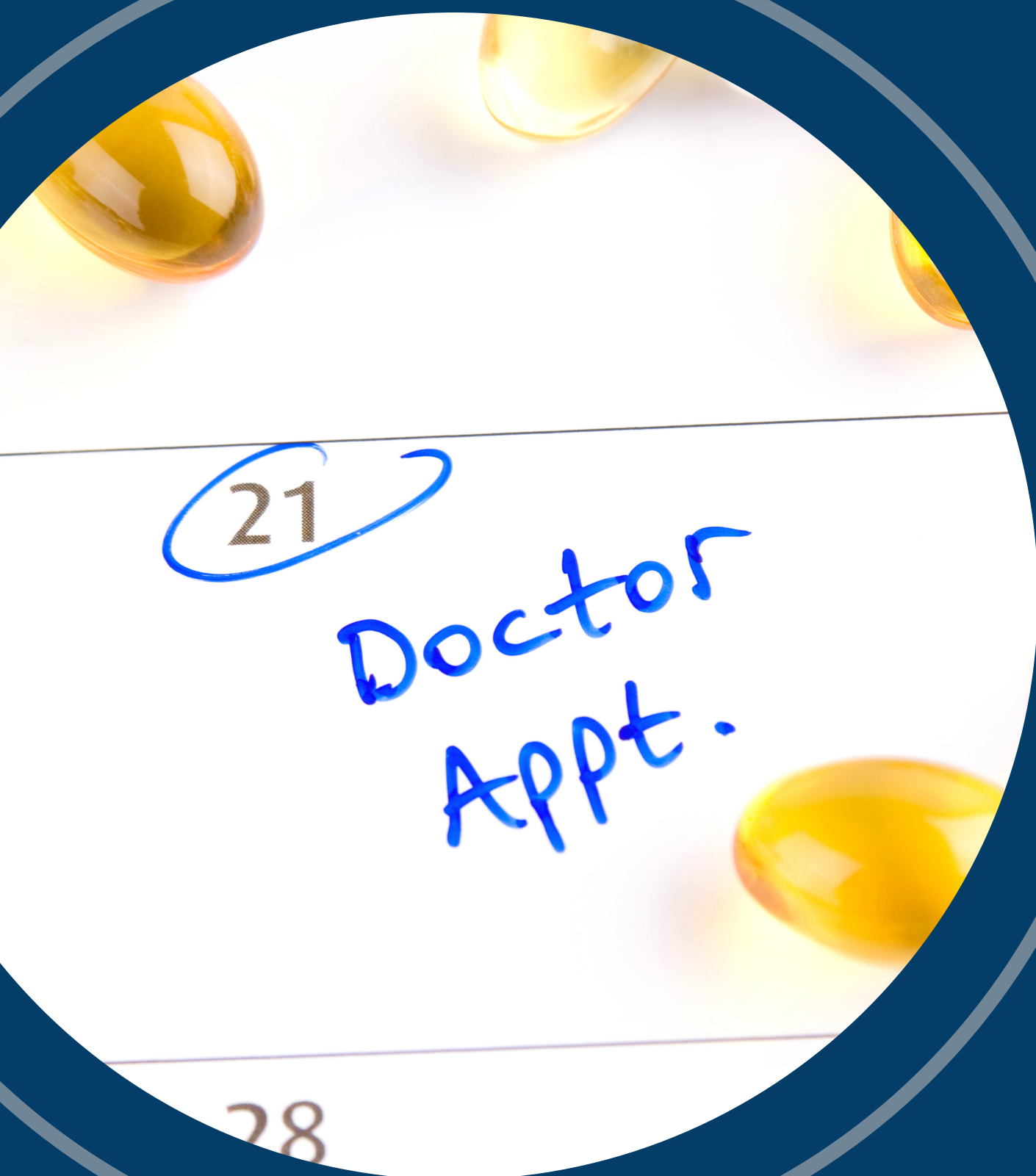
PREVENTION & TREATMENT

Your doctor will talk with you about how to improve or maintain your health, reduce risk for disease, and schedule any age appropriate tests or screenings.



MEDICATION

Your doctor will discuss any current and new prescriptions to make sure they're working for you.



Need help finding a primary care physician?

INCENTIVE

Earn **500 Strive** points for attending your annual well-visit!

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Contact Kapnick Insurance Group for assistance at 877-233-1164

BCBS CAN HELP

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