



Get the Most Out of Your Preventive Care Coverage

We understand that life gets busy, and it's easy to put off scheduling your annual wellness and preventive care visits. Did you know that most of these visits are covered through your health plan benefits?

It's important to schedule your preventive care each year, and appointments can fill up fast, so be sure to call your provider now and schedule your next appointment. If you need help finding a provider, use our [online find a doctor tool](#).

- **No cost to you.** Your health plan provides zero-cost preventive care visits. If your provider conducts a preventive screening or test, a cost share may be required. [Learn more](#) about what is covered.
- **Helps with early detection.** A routine exam helps identify health conditions early, so you can make lifestyle changes or start treatment that can improve your health.
- **Address any health concerns.** An annual visit is a great time to talk with your provider about any questions or health concerns. [It's also important to talk about preventive screenings](#) based on your age or health.
- **Build a relationship with your provider.** Consistent annual and preventive care visits help you to develop a trusted relationship with your provider, allowing for more personalized and effective care.

To understand all of your health plan benefits, log in to the [Member Resource Center](#) or contact your organization's benefits administrator.



Use the My Care Checklist

Our Be Well Vermont online wellness platform provides a My Care Checklist to help you keep track of annual visits, preventive screenings, and more.