

# Plan Your Preventive Wellness Visit

An annual preventive wellness visit, such as a physical wellness exam regularly performed without the presence of symptoms, is a part of most health plans. Take advantage of this preventive care benefit and get the most out of your visit by following the guidance below.

## Find a Primary Care Provider

- Go to [accesshma.com](https://accesshma.com), log in to your HMA account to search for in-network providers online. If you need help finding a primary care provider, call your Care Navigator at **1-877-462-1444** or email [mycarenav@accessstpa.com](mailto:mycarenav@accessstpa.com).
- Making your appointments with an in-network primary care provider could help you avoid unnecessary out of pocket costs and maximize your insurance benefit.

## Schedule Your Wellness Visit

Tell your provider's office that you are making an appointment for your annual preventive wellness visit. This visit may include...

- A physical exam
- Record of your personal health and family history
- Discussion about risk factors (for example; smoking, obesity, diabetes, physical activity, etc.)
- Basic lab tests and diagnostic procedures, if performed as a preventive screening.

## Before Your Visit

- Contact your Care Navigator if you have any questions about your preventive care benefits.
- Look at the U.S. Department of Health and Human Services website at [www.healthfinder.gov/myhealthfinder](https://www.healthfinder.gov/myhealthfinder) to view preventive services you may qualify for.



## Protect Your Wallet

During your annual preventive wellness visit, some services may not be preventive. Services performed to diagnose or treat symptoms or provide routine care for chronic conditions may be subject to separate charges.

**Ask your provider about the type of services being rendered at your visit.**

Working with our Care Navigator is completely confidential, and is free as part of your health plan. Contact your Care Navigator today at **1-877-462-1444** or by e-mail at [mycarenav@accessstpa.com](mailto:mycarenav@accessstpa.com).

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