



Your Annual Wellness Visit Checklist

Wellness begins with understanding.

This checklist helps you have a clearer picture of your health and starts the conversation with your health care provider on any changes you might need. Take a few minutes to fill this out and bring it to your Annual Wellness Visit.

Talk With Your Doctor About	Completion Date/Notes
<input type="checkbox"/> All your current conditions and treatments	
<input type="checkbox"/> Prescription and over-the-counter medications	
<input type="checkbox"/> Any pain you have and what you do for it	
<input type="checkbox"/> Difficulties with daily activities	
<input type="checkbox"/> Your level of physical exercise	
<input type="checkbox"/> Balance issues or recent falls	
<input type="checkbox"/> Difficulties with bladder control	
<input type="checkbox"/> Problems with sleeping or memory loss	
<input type="checkbox"/> Tobacco, alcohol or drug use	
<input type="checkbox"/> Hospital or ER visits in the last 90 days	
Complete These Basic Exams	Completion Date/Notes
<input type="checkbox"/> Blood Pressure	
<input type="checkbox"/> Height, Weight and Body Mass Index (BMI)	
<input type="checkbox"/> Blood Sugar and Retinal Eye Exam (if applicable)	
Review Your Screenings and Vaccines	Completion Date/Notes
<input type="checkbox"/> Annual Flu Vaccine	
<input type="checkbox"/> Bone Density Exam	
<input type="checkbox"/> Colorectal Screening	
<input type="checkbox"/> Mammogram	
<input type="checkbox"/> Pneumonia Vaccine	

Prescription and Over-the-Counter Medication Tracker

Blue Access for MembersSM

Everything you need to know about your coverage — in one place.

Find your medical claims history and more through Blue Access for Members. With BAMSM you can see benefit details, find a doctor, request or print your ID card, let us know how you'd like us to communicate with you and more.



It's easy to get started.

You can log in to BAM from the member website. Or grab your smart phone and your ID card and text* **BCBSOKAPP** to **33633** to use the BAM mobile app while you're on the go.

* Message and data rates may apply.

If you have other questions or concerns, please call the number on the back of your member card.

HMO and PPO plans provided by Blue Cross and Blue Shield of Oklahoma, which refers to GHS Health Maintenance Organization, Inc. d/b/a BlueLincs HMO (BlueLincs) (HMO plan) and refers to GHS Insurance Company (GHSIC) (HMO Special Needs Plan and PPO plans). PPO plans and HMO and PPO employer/union group plans provided by Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC). HCSC, BlueLincs, and GHSIC are Independent Licensees of the Blue Cross and Blue Shield Association. HCSC, BlueLincs, and GHSIC are Medicare Advantage organizations with a Medicare contract. GHSIC is a Medicare Advantage organization with a Medicare contract and a contract with the Oklahoma Medicaid program. Enrollment in these plans depends on contract renewal.