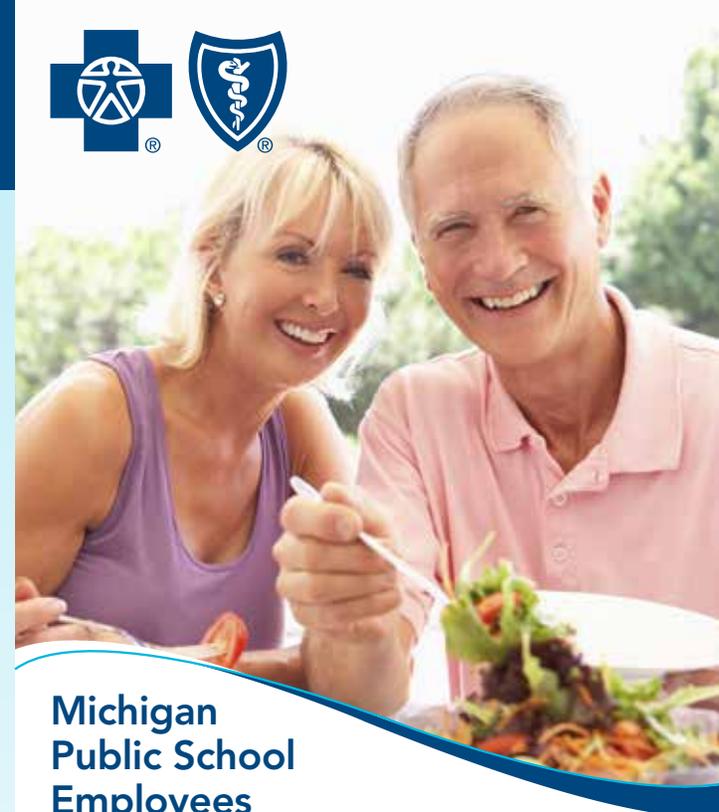


Questions?



Michigan Public School Employees

Learn about your covered

Annual Wellness Visit

and

Welcome to Medicare exam.

Medicare Plus BlueSM is a PPO plan with a Medicare contract. Enrollment in Medicare Plus Blue depends on contract renewal.

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We're here to help you.

Call our dedicated team at 1-800-422-9146. TTY users should call 711. Our hours are Monday through Friday, 8:30 a.m. to 5 p.m., Eastern time.

And don't forget these helpful resources that offer you extra value!

- ✓ **Register** for our secured member website at **bcbasm.com** for up-to-date claim and deductible information. You'll also find great health and wellness tips!
- ✓ **Access** our 24-hour NurseLine seven days a week at 1-800-775-BLUE (2583). TTY users call 1-800-240-3050. The NurseLine is a 24/7 telephone service staffed by trained nurses. They maintain your confidentiality and can talk to you about symptom management, help you find a doctor, and offer community resources that may be helpful.

How much will these exams cost me?

There is no out-of-pocket cost for a Welcome to Medicare exam or an Annual Wellness Visit. Both are covered at 100 percent of the approved amount.

However, if your doctor recommends screenings or tests in addition to one of these exams, you may have to pay coinsurance for these additional services.

To view a list of covered preventive services, please refer to your *Evidence of Coverage*.

Help maintain or improve your health

The Welcome to Medicare exam and Annual Wellness Visits are important ways to help maintain or improve your health.

Make the most of your coverage and schedule your appointment with your doctor today.

My next appointment

Doctor's name	
Date	Time



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Make a yearly appointment.

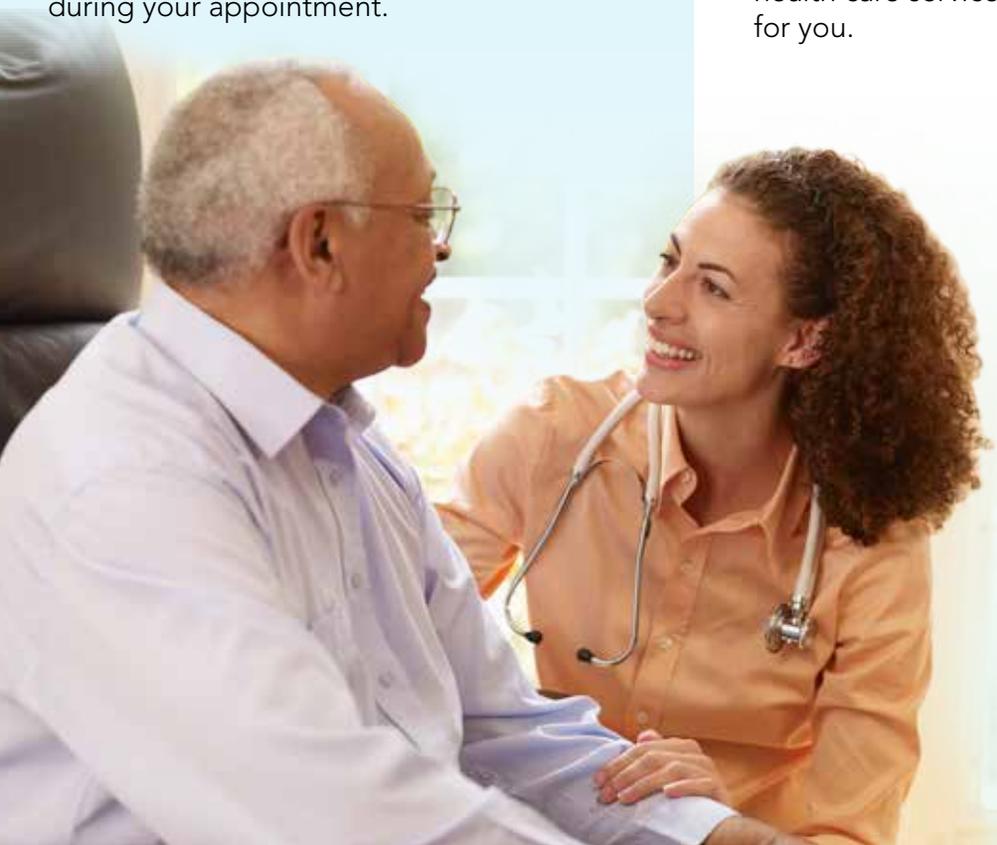
Making a yearly appointment with your doctor to monitor your health should be on your to-do list.

Why?

It's a great way to catch any potential health issues early and find ways to better your health.

For Medicare Advantage members, there are two types of visits covered by your Retirement System plan, depending on whether you're new to Medicare or have been enrolled for some time.

Knowing the difference between these two visits can help you know what to expect during your appointment.



New to Medicare?

Schedule your Welcome to Medicare exam.

You're eligible for a Welcome to Medicare exam only during your first 12 months that you have Medicare Part B.

What happens during this exam?

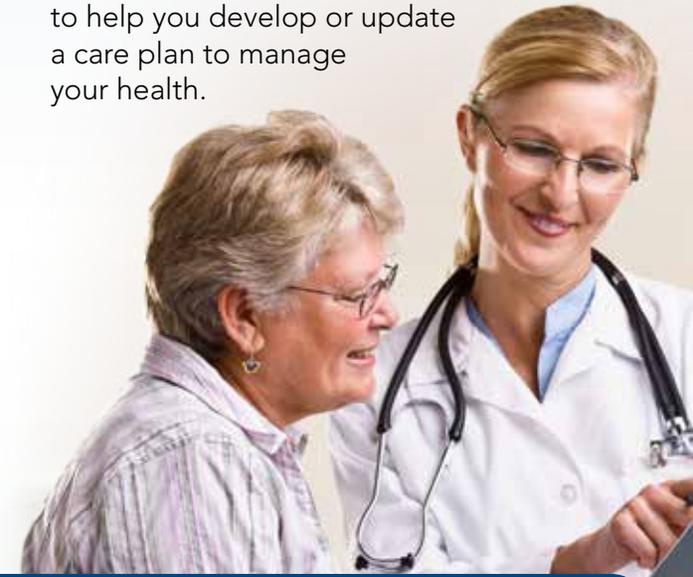
The Welcome to Medicare exam includes measuring things like your height, weight and blood pressure measurements. In addition, the Welcome exam includes preventive screenings and shots, if needed.

Your doctor may also refer you to get other health care services if they are appropriate for you.

Enrolled in Medicare longer than one year?

It's time for your Annual Wellness Visit.

If you've had Medicare Part B for longer than one year, your plan covers a wellness visit once every 12 months. The wellness visit is a preventive consultation with your doctor to help you develop or update a care plan to manage your health.



What can you expect?

During the visit, your doctor will:

- Discuss your personal and family medical history with you.
- Measure your height, weight and body mass index
- Take a blood pressure reading and other measurements that may be appropriate for you.

Based on your health and any risk factors, your doctor will work with you to develop a preventive care plan. This plan will include a list of recommended tests and screenings and how often you should have them done. It may also include lifestyle change suggestions to help improve your health, such as improving your nutrition or reducing stress.