

MedBen

WellCare

benefitness for you.

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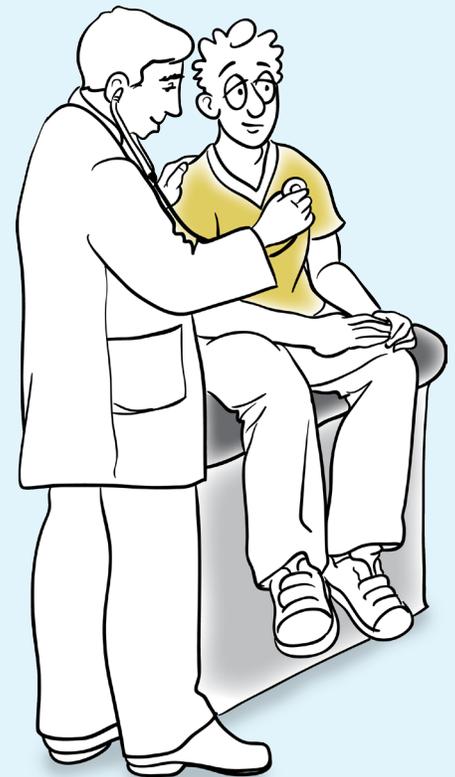
Spring into the Season with a Wellness Exam

Now that the weather outdoors is (finally!) warming up a bit, you're probably anxious to take advantage of the longer days and more pleasant temperatures. But before you "spring" into action, make sure that your internal machine is running at peak performance by scheduling your annual wellness exam.

Yearly checkups are a key to maintaining good health and improving your odds for a long life. During the exam, your family doctor will run a variety of tests, such as listening to your heart and lungs and measuring your blood pressure rate. Using this information, the doctor can monitor health patterns and detect areas and conditions that warrant further attention.

Annual exams can also help to promote a positive mental attitude and encourage a proactive approach toward personal wellness. Should you have specific concerns about your health or are looking to lose weight or quit smoking, a checkup is an opportune time to discuss such matters.

If you're a MedBen Worksite Wellness member and aren't sure about the last time you've had an exam, visit MedBen.com and click on "MedBen Access". Once you're logged in, select "iHealth Information" to view the dates of your most recent visit and next recommended checkup. And if you're worried about the cost, don't be – your employer will "spring" for it!



What to Expect During Your Annual Checkup

The basics.

Common elements include:

- Vital signs, such as blood pressure, temperature, and respiration and heart rates.
- A review of your medical history, current health and general appearance.

The details.

Specific exams may include:

- Heart and lung, using a stethoscope.
- Head and neck (say "ah"!).
- Abdominal and neurological.
- Skin and extremities.
- Gender-specific tests.

Lab work.

Your doctor may also run laboratory tests including:

- A lipid (cholesterol) panel, at least every five years.
- A complete blood count.
- A chemistry panel.
- Urinalysis.