

Annual Wellness Visit Conversation Guide

Your **Annual Wellness Visit** (AWV) is a **no-cost benefit** covered by your WyoBlue Advantage health plan. Use these questions to guide your conversation with your provider and make the most of your visit. After your visit, redeem your **\$50 Live Healthy BlueSM** reward, which will go on your Supplemental Benefits Flex Card!

General Health & Screenings

- How is my overall health based on my labs and physical exam?
- Are there any new screenings or vaccinations I should consider?
- Am I due for cancer screenings like **colon, breast, prostate, or skin**?
- Should I schedule other tests this year (bone density, eye exam, hearing check)?
- Should I get a **flu shot, COVID booster, shingles, or pneumonia vaccine** now?
- How often should I return for visits or lab tests?

Medications & Supplements

- Can we review all my prescriptions, over-the-counter medicines, and vitamins?
- Do any of my medications need a dosage change, or should I stop any?
- Should I take preventive supplements like **aspirin, vitamin D, or calcium**?
- Do any of my medications interact with each other or with certain foods?
- What can help me remember to take my pills (pill box, alarms, smartphone apps)?

Conditions & Lifestyle

- Are my conditions (high blood pressure, diabetes, arthritis) under control?
- What simple changes in **diet, exercise, sleep, or stress** would be beneficial?
- Are there local programs for seniors (exercise classes, nutrition help) you recommend?
- How can I prevent falls at home (grab bars, better lighting, balance exercises)?
- What screenings do you recommend for **depression, anxiety, or memory changes**?
 - What non-drug options like counseling or support groups are available?
 - If medication is needed, what are the benefits and possible side effects?
- What can help with bladder control (timing fluids, diet, pelvic floor exercises, medication)?

Bring these questions—and any others you have—to your visit to help you Live Healthy!