

Five questions to ask your doctor at your next checkup

Now is a great time for your employees to schedule an annual checkup with their personal doctor, also known as a primary care provider (PCP). Here are some questions they could ask during the visit to help prevent future illness and save money on health care costs.

1. What preventive services and screenings do you recommend for me? Depending on your medical history and family history, your doctor may recommend lab work to check for certain diseases or conditions. They may also recommend screening procedures—such as a colorectal cancer screening, bone mineral density test, mammogram or Pap test.

- Most Regence plans cover many in-network preventive services and screenings with no copay and no deductible. However, some diagnostic tests, labs and procedures may require a cost-share. Check your benefits at [regence.com](https://www.regence.com) or call the number on the back of your member ID card for more details and to confirm your coverage.

2. What vaccinations should I get? Some vaccinations, such as flu and COVID-19, are recommended annually. There are also some newer vaccines you may consider getting, such as RSV, pneumonia and shingles. Your PCP can recommend the vaccines that are right for you.

- Most Regence plans cover vaccines at no cost, but deductibles, copays and coinsurance may apply. To check your coverage, sign in to your account at [regence.com](https://www.regence.com) or call us at the number on your member ID card.

3. How much and what kinds of physical activity do I need to stay healthy? Your doctor can suggest exercises and other ways you can be physically active that are tailored to your needs and health conditions.

- Some plans include discounts on fitness-related products and services like fitness devices and gym memberships. Check your account at [regence.com](https://www.regence.com) to learn what fitness and wellness benefits are available to you.

4. What can I do to improve my mental health? Your doctor can screen you for mental health risks like depression and anxiety. They can suggest activities that can help, as well as prescribe medications and refer you to a mental health counselor as needed.

- Most of our health plans offer virtual mental health treatment options from providers such as Doctor On Demand, [Charlie Health](https://www.charliehealth.com) and more. No referral is needed. You can visit the provider website and fill out their intake form for an appointment.

5. Should any changes be made to my prescriptions? Review the list of prescription drugs you're taking with your doctor, along with dosages, supplements and any over-the-counter drugs you take regularly. Your body can change over time, so the medications you're taking may need to change as well. You may be able to stop taking one or change to a different dose. Or you may need to start taking something else.

Check your benefits before you go

Most Regence plans cover an annual checkup at no cost to you. However, you may have to pay additional coinsurance or cost-shares if your doctor ends up performing any diagnostic tests or procedures during your visit.

We're here to help

If you or your employees have any questions about coverage or need help finding care, contact your account executive. Employees can sign in to their account at [regence.com](https://www.regence.com) and use the chat feature. Or they can call us using the number on their member ID card.

Doctor On Demand is a separate company that provides telehealth services.