

Your Health and Wellness **Journey Map**





Preventive Care Services

Preventive care is key to your overall healthcare. It helps identify potential problems early on so you can get appropriate care as soon as possible. It can also be tough to remember which preventive care services you need and when. Use this space to help you keep track of recommended preventive healthcare.

Preventive Care Services	Frequency	Date
Regular Screenings		
Blood Pressure	At least once, annually	
Cholesterol	Every 1 to 5 years	
Glaucoma	Every 2 years	
Bone Mass Measurement (DEXA scan)	If at risk, once every 2 years	
Breast Cancer Screening (Women over 40)		
Mammogram	Every 1 to 2 years	
Colon Cancer Screening (Adults over 50)		
One of the following: <ul style="list-style-type: none">• Fecal Occult Blood Test• DNA Based Colorectal Screening• Flexible Sigmoidoscopy• Screening Colonoscopy	Annually Once every 3 years Once every 4 years Once every 10 years	
Vaccines		
Influenza (flu)	Annually	
Pneumonia	Seek doctor recommendation	

* Please refer to your Evidence of Coverage for benefit information.



Questions to Ask My Doctor

Write the questions you want to ask your doctor to make the most of your appointment time. Here are some examples of questions you might ask:

- How can I maintain or improve my physical health?
- How can I maintain or improve my mental health?
- What can I do to decrease my risk of falling?
- What can I do to improve my bladder control?

List your questions, concerns, and notes here:



Answers to Common Questions

Where can I find my member ID number?

This is a nine-digit number that begins with "6," located on the front of your member ID card.

What is a co-pay?

An amount you may be required to pay as your share of the cost for a medical service or supply, like a doctor's visit, hospital outpatient visit, or a prescription drug. A co-pay is a set amount, rather than a percentage. For example, you might pay \$10 or \$20 for a doctor's visit or prescription drug.

What is co-insurance?

Co-insurance is the percentage amount you may be required to pay as your share of costs for healthcare services or prescription drugs. Co-insurance applies after you've paid your deductible.

What is an evidence of coverage (EOC)?

This document explains your healthcare coverage, what we must do, your rights, and what you have to do as a member of our plan. EOCs are distributed to all members annually and are also available online at www.Medicare.PacificSource.com.

Go paper-free! What is InTouch for Members?

Many members have asked to go paper-free. InTouch for Members lets you securely access your insurance information online. By logging in with a user name and password, you can view your plan benefits, securely pay your premium, access your ID card, and find a provider. Visit www.Medicare.PacificSource.com/InTouch to learn more or register.



Insurance: Coverage for Your Healthcare

Understanding your benefits makes navigating the healthcare system easier. Use this space to keep track of specific details about your health insurance benefits, resources, and contact information. That way, you can quickly get answers to your questions.

My Member ID#		My Plan Name	

Part D Deductible	PCP Co-pay	Specialist Co-pay

