

# Primary Care Provider Screenings

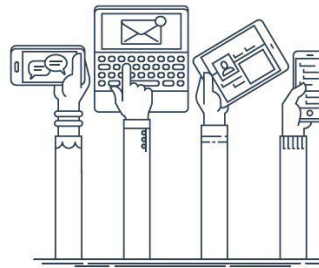
You may now submit the results from your annual preventative exam, with your Primary Care Provider (PCP), to Bravo, for a chance to earn a wellness credit toward your 2025 medical premiums.

## Scheduling with your PCP

Please complete the following steps:

- **Schedule an appointment with your PCP any time before 11/30/24.**
  - Your insurance with Regence BCBS covers one preventative care exam annually, at no cost to you. You may use this exam to satisfy your wellness screening requirements.
  - Make sure the appointment includes a standard lipid panel blood test.
- For the most accurate results, fasting 9 to 12 hours prior to your health screening is recommended.
- Bring the provider form with you to your appointment.
  - The auto-populated provider form can be found on your [Bravo Portal](#).
  - Complete the Patient Information and Signature sections.
- Have your provider complete their portion of the form.
  - Make sure they complete the tobacco attestation question.
- **Upload the provider form to the [Bravo Portal](#) on or before 11/30/24.**
  - Your provider can fax the form to Bravo on your behalf. As the participant, it is ultimately your responsibility to ensure the completed form is sent to Bravo on or before 11/30/24.
  - Bravo recommends that you submit your form personally and retain a copy and record of your submission.
  - You will receive an email after you submit your form. Form processing typically takes 5-7 business days after we receive it. You will receive an email again when the status of your form changes.

# Get your questions answered about annual physicals.



## Who qualifies as a primary care provider?

- Internal medicine,
- Family practice,
- General medicine,
- Nurse Practitioners,
- Physician Assistants or
- OB-GYN's.
- If you are pregnant, a midwife (CNM) is also considered an approved provider.

## What if I've already had my annual physical this year?

Your insurance with Regence BCBS covers one preventative care exam annually, at no cost to you. If you've already completed this exam prior to 7/15/2024 and you'd like to submit your results to Bravo you have 3 options:

- If you are able to download your results from a provider portal, you can upload them to Bravo.
  - Note: if you are wanting credit for the BMI or waist measurement, be sure that your height and weight, or waist measurement is a part of your results.
- You are welcome to take the provider form back to your provider's office and have them complete the form for you based on your earlier examination. That form can then be uploaded to Bravo.
  - Note: if your provider charges a fee for filling out forms, this cost is not covered under the program and would be out-of-pocket.
- If the first two options don't work for you, you are welcome to have another examination at a LabCorp clinic or at an on-site screening event.

## What if my primary care visit and my lab work are on two different days?

Take the Provider Form with you to your primary care visit for your doctor to complete, leave the form with the office. When your lab results come back to your doctor then the office can complete that section of the form. You can either pick up the form from your provider's office to send back to Bravo or the provider's office can fax it back to Bravo.