

# Annual physical form for Special Needs BasicCare members

Follow these steps to receive your gift card. Bring this form to your visit and get it filled out.

## 1. Tell us where to send your gift card:

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

## 2. Ask your clinic staff to fill out this section:

Patient Name: \_\_\_\_\_

HealthPartners ID#: \_\_\_\_\_

Date of Appointment: \_\_\_\_\_

Clinic Name: \_\_\_\_\_

Clinic Phone Number: \_\_\_\_\_

Clinic Staff Signature: \_\_\_\_\_

## 3. Mail this form to us:

HealthPartners  
Mailstop 21103C  
PO Box 1309  
Minneapolis, MN 55440-1309

## HealthPartners<sup>®</sup> Inspire (SNBC) members:

It's so important to get your annual physical, we'll give you a \$25 gift card to do it.



Your checkup is a great time to ask any questions you may have. Here's what you can expect to happen, along with some topics you might want to talk about with your doctor:

## WHAT TO EXPECT

- You'll talk about your medical and family health history
- You'll get a complete physical exam
- You'll review any medicines you're taking
- You'll get any immunizations you need
- Your doctor will identify risk factors you may have
- You'll learn about other screenings you may need

## TOPICS YOU MAY WANT TO ASK ABOUT

- Any emotional stress you've been going through
- What a healthy weight is for you
- What foods to eat for good health
- Whether or not you should take vitamins, and what kind
- What physical activities and exercises are best for you

HPCare\_100074 Approved 10/28/2016

The HealthPartners family of health plans is underwritten and/or administered by HealthPartners, Inc., Group Health, Inc., HealthPartners Insurance Company or HealthPartners Administrators, Inc. Fully insured Wisconsin plans are underwritten by HealthPartners Insurance Company.

12944 (1/17) ©2017 HealthPartners