



HAVE YOU VISITED YOUR DOCTOR THIS YEAR FOR YOUR **ANNUAL WELLNESS EXAM?**

Reminder: Vets Pets will be providing a *financial incentive* towards your health insurance costs in the 2025 plan year for employees who satisfy the program requirements within the designated timeframe.

Must complete BOTH Program Requirements:

1. Complete your Health Risk Assessment online via the Healthgram member portal (<https://members.Healthgram.com/main/login>)
2. Complete 1 of the following Preventive Care Services: Annual Physical, Well Woman Exam, Preventive Mammogram, Cervical Cancer Screening, Preventive Colonoscopy.

Program timeframe: September 1, 2023 – August 31, 2024.

Why is this important?



FORM A RELATIONSHIP

Research shows that patients who have a good relationship with their doctor receive better care and are happier with the care they receive.



ESTABLISH A BASELINE

When you establish a relationship with a primary care provider, they will hold knowledge of your general health information and will be more in-tune to any abnormal health concerns before they become a serious issue.



DIAGNOSE & MANAGE CHRONIC DISEASES

Visiting your doctor for an annual checkup can help you detect, diagnose, and receive treatment for chronic conditions before they impact your life more severely.