

# Wellness Visit Guide

A wellness visit collects measurements such as blood pressure, cholesterol, glucose levels, body mass index (BMI), and family history to provide a quick check-up on some key indicators of your current health. You will be asked some questions, weighed, measured, and a blood sample will be taken by finger stick or venipuncture, depending on the wellness visit location. You may get instant results along with help understanding your measurements. A wellness visit is not a substitute for a regular check-up with a doctor, but is a great way to see if you are on track or need to follow up with your doctor between regular doctor visits.

Employees and spouses eligible for the ActiveHealth program earn a \$100 gift card for completing a wellness visit. **Your results must be visible in the ActiveHealth portal by November 30, 2022 to receive the e-gift card.** Gift cards are redeemed from the Rewards Center on the [ActiveHealth portal](#).

Complete your 2022 wellness visit for free through one of the two options listed in this guide.

## 1. Annual Physical

The Annual Physical Results form is used at your annual physical. There will be no reimbursement for any cost associated with having your physician complete this form. To access the form, log in to the [ActiveHealth portal](#) and click the “Annual Physical Results Form and Instructions” link on the home screen.

### Schedule an appointment:

1. Schedule an appointment for your physical with lab work.
2. Print the form and fill in Section 1. Bring the form to your appointment, and have your doctor complete Section 2.
3. You are responsible for submitting your completed form. Follow instructions on the form to submit it via fax or upload. **Please note, it can take up to 4 weeks for forms to be processed.** Your form is considered processed when the ActiveHealth portal Rewards Center shows the activity as complete.

## 2. CVS Minute Clinic

To complete your wellness visit through a CVS Minute Clinic, print the ActiveHealth Comprehensive Health Screening Voucher found on your [ActiveHealth portal](#). Take your voucher to a CVS Minute Clinic location and follow all instructions found on your form. You do not need an appointment, but you can reserve your spot in line by visiting [www.cvs.com/minuteclinic](http://www.cvs.com/minuteclinic).

## Have Questions?

Visit [www.InvestInYourHealthIndiana.com/ActiveHealth](http://www.InvestInYourHealthIndiana.com/ActiveHealth) or call the benefits hotline at 317-232-1167 or 877-248-0007 Monday through Friday from 7:30 a.m. to 5 p.m. Or email [spdbenefits@spd.in.gov](mailto:spdbenefits@spd.in.gov).