

PREVENTIVE CARE ESSENTIALS:

Physical Exams and Screenings

A yearly physical exam is an important step in taking care of your health. Regular preventive care can help you stay healthy, detect potential health issues early, and manage existing conditions more effectively. Preparing ahead of time can help you get the most out of your visit.

EMPLOYEE CONCIERGE SERVICES

As an employee of Penn State Health or Penn State College of Medicine, and for your immediate family members, you have access to a dedicated team to connect you with Penn State Health providers and services.

This free, confidential service can help with:

- Penn State Health provider scheduling
- Coordination of doctor appointments (for yourself, your spouse, dependent children, or parents)
- Assistance with obtaining referrals to specialists

This service is available regardless of your specific insurance plan

- Please complete the Employee Concierge Services Request form found in mySolutions.
- Or email: employeeconciergeservices@pennstatehealth.psu.edu

THINGS TO CONSIDER BEFORE YOUR APPOINTMENT



Schedule Wisely:

When possible, select an appointment time that allows you to attend without feeling rushed. Consider your personal schedule and what works best for you to ensure a relaxed and productive visit. If fasting is required for bloodwork, a morning appointment may be helpful.



Confirm Coverage:

Visit your Highmark portal or call the Member Service number on your Highmark ID card to confirm your provider is in-network and understand what preventive services are covered under your plan. This helps avoid unexpected costs.



Complete Paperwork:

Check your provider's patient portal or website for any forms or questionnaires to complete before your visit. Filling them out ahead of time can save you time at the office.



Fast if Needed:

Confirm with your provider's office if fasting is required for any blood tests. If so, they will provide specific instructions regarding food and drink restrictions.



BE READY TO DISCUSS

- Any new symptoms or changes in your health since your last visit
- Your mental and emotional well-being, including stress levels, sleep patterns, or mood changes
- Lifestyle habits such as nutrition, physical activity, alcohol use, or tobacco use
- Recommended preventive screenings based on your age, sex, and risk factors
- Any vaccinations you may need or want to update



WHAT TO BRING WITH YOU

- Photo ID and your Highmark insurance card
- A complete list of all current medications and supplements, including dosages
- Updated family medical history, highlighting any new information
- Previous test results (especially if you are seeing a new provider for the first time)
- A list of questions or concerns you want to discuss with your doctor