



# “My Health” Options



A quick guide on how you can fulfill the “My Health” section for the 2026 Health Premium Credit Program.

“My Health” options may be completed between **May 1, 2025, and April 30, 2026, at 11:59 PM.**

## OPTION 1:

### Get Your Numbers



Get your numbers from your Primary Care Provider (PCP). **A copy or deductible may apply.**

Be sure to have your PCP measure your:

- Blood Pressure
- Height
- Weight
- Total Cholesterol
- HDL Cholesterol
- Hemoglobin A1C **OR** Fasting Blood Glucose

**OR**

Get your numbers from an [independent lab](#).

**Please note:** Your PCP must send a lab order to your preferred lab. Not all labs will measure height, weight, or blood pressure. If the lab does not, you will need to obtain this information from your PCP.

## OPTION 2:

### Have a Well-Being Visit



Have you recently had a well-being visit? This can count towards “My Health”.

#### Qualifying visit types include:

- [Anthem LiveHealth Online](#) (Therapy or Psychiatry)
- [Living Resources Program's Well-Being Coaching](#)
- [Living Resources Program's Confidential, Short-Term Counseling Services](#)
- Office Visit (In-Network or Out-of-Network) on topics such as navigating stress, anxiety, depression, burnout, grief, trauma, coping, etc.

**Please note:** A dental or vision exam is **not considered** a well-being visit.

## OPTION 3:

### Receive a Flu Shot



You have a few options to receive your flu shot:

#### Visit Your Primary Care Provider (PCP):

Schedule an appointment with your PCP to receive your flu shot.

#### Visit a Pharmacy Near You:

Contact your local pharmacy to schedule a time to receive your flu shot.

#### Visit a Walk-In Center Near You:

Find a [Walk-In Center](#) near you to receive your flu shot.

## OPTION 4:

### Have an Annual Physical Exam



Have you recently had an annual physical exam? This can count towards “My Health”.

An annual physical exam is a comprehensive health check-up performed by your Primary Care Provider (PCP) once a year.

#### Find Care:

State of Maine Health Plan: [Anthem Blue Cross and Blue Shield](#)

Anthem Member Services: 1-844-273-4614

For questions, please contact:

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