



"My Health" Options

A quick guide on how you can fulfill the My Health section of the 2020 Health Credit Premium Program year.

As a reminder- be sure to also complete your wellness questionnaire, watch the benefits video, and answer the quiz questions on your WellStarME account!



OPTION 1:

On-Site Health Screening at MaineGeneral



MaineGeneral will be hosting health screenings at:

21 Enterprise Drive
Augusta, ME

PLEASE NOTE:

- Screenings are by appointment only and must be made at least 48 hours in advance.

- Face coverings are mandatory.

To make an appointment:

Visit the [online calendar](#)
or
contact WellStarME at 207-620-9202.

OPTION 2:

Have a Vision Exam



Having a routine vision exam or specialty eye exam can fulfill your My Health section.

To learn more:

- Contact Anthem Blue View Vision Customer Service: 1-866-723-0515

- [CLICK HERE](#) to find an in-network vision provider in your area.

Contact WellStarME at 207-620-9202 if you would like a copy of this list.

OPTION 3:

Get Your Numbers from Your Primary Care Provider



You can get your numbers from your health care provider. **A copay or deductible may apply.**

Be sure to have your provider measure your:

- Blood Pressure
- Height
- Weight
- Body Mass Index (BMI)
- Hemoglobin A1C **OR**
- Fasting Blood Glucose
- Total Cholesterol
- HDL Cholesterol

OPTION 4:

Visit a Free Standing Lab



If you need a lab test, you can use any independent lab in Maine and **not pay any copay or deductible.**

To learn more:

- Contact Member Services on the back of your Anthem ID card.

OR

- [CLICK HERE](#) to view this handout to learn more about which labs are currently open.

For questions, please contact:

WellStarME
wellstar@mcdph.org
(207) 620-9202