



An annual physical exam will provide the basic “biometrics” for health. These biometric numbers include blood pressure, body mass index, and cholesterol and glucose levels.

Remember that HealthPartners (and most other health plans) cover preventative care such as an annual physical at 100%.

Having this annual exam is an opportunity to make a connection with your healthcare provider and find out what your numbers are. Please see know your numbers with more information on biometrics, and with a personal health record form in order for you to document your numbers year to year.