



From preparing for your next appointment to managing a new diagnosis, this month's resources are designed to keep you informed and confident in your care. Take a moment to explore the tools below—they're here to help you stay organized, connected, and on top of your health.

Know Before You Go: Be Prepared for Every Visit

Feeling prepared helps you get the most out of your health care experience. That's why our *Know Before You Go* tools are here to guide you before every appointment.

- **Appointment Checklist** - This [printable guide](#) includes key questions for your PCP, a checklist for important screenings, and space to note your medications and related questions.
- **Choosing the Right Care** - Not sure where to go? This [guide](#) helps you decide between a clinic visit, virtual care, the ER, or urgent care based on your needs.
- **Clinic Info at Your Fingertips** - Use our [location finder](#) to get directions, parking details, and see what services are available—so you can arrive prepared and confident.

Condition-Specific Guides to Support Your Health

Managing a health condition can be challenging, but our condition-specific guides make it easier. With practical tips for understanding your diagnosis and staying on track, these easy-to-follow resources cover topics like high blood pressure, diabetes, and the flu—with more coming soon. Find them on the [Managing Your Care](#) page at KelseyCareAdvantage.com.

Stay Ahead with Preventive Care

Your long-term health starts with a strong foundation—and that includes keeping up with your annual physical and recommended screenings.

Your Annual Physical Matters

Your annual physical—also called a Health Risk Assessment (HRA)—is a great opportunity to check in with your care team, review your health, and update your care plan. Haven't scheduled one this year? Now's a great time.

Watch for a Convenient Scheduling Reminder

You may see a scheduling notification in your [MyKelseyOnline \(MKO\)](#) account. It's a simple way to book your visit—just click and schedule!

Know What to Expect

Depending on your age and health history, your provider may recommend specific screenings, such as:

- **Annual Screenings:** flu vaccine, blood pressure check
- **Cancer Screenings:** breast cancer, prostate cancer, colon cancer
- **Diabetes Screenings:** hemoglobin A1c, LDL cholesterol, eye exam, blood or urine test for kidney function

Keeping up with preventive care helps protect your health in the long run.

Stay Informed Every Month!

New to KelseyCare Advantage? Our [New Member Hub](#) is designed just for you! Each month, we share key information to help you make the most of your plan.

Missed a previous email? Find them anytime on the [Discover KelseyCare Advantage](#) page in the New Member Hub. Here's a look at past topics:

- **January:** MyKelseyOnline (MKO), Your Welcome Book, & Other Key Info
- **February:** Important Numbers, Websites, & Virtual Care Options
- **March:** Plan Documents, Forms, and Urgent Care Options
- **April:** Your PCP, Multiple Ways to Get the Care You Need—Fast

Visit the [New Member Hub](#) to stay informed and get the most from your coverage! See you next month!



Have additional questions? Call Member Services at 713-442-4878 (TTY: 711) for help.

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Advantage**
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Hours of Operation

Call Member Services at 713-442-4878 (TTY: 711). From October 1 through March 31, hours are 8 am to 8 pm, seven days a week. From April 1 through September 30, hours are 8 am to 8 pm, Monday through Friday. Messaging services are used on weekends, after hours, and on federal holidays.

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