



## Need a ride?

You can call Member Services at the number listed on the back to schedule a free ride at least three business days before your appointment.



## Are you sick?

Your doctor may have after-hour/urgent care appointments available.

If not, our CareLine is also available 24/7 at the number listed on the back.

## Have questions or need help finding a doctor?



**CCC Plus:**  
1-800-424-4524 (TTY 711)

**Medallion 4.0:**  
1-800-424-4518 (TTY 711)



[MCCofVA@MagellanHealth.com](mailto:MCCofVA@MagellanHealth.com)



[MCCofVA.com](http://MCCofVA.com)

ATENCIÓN: Si habla español, tiene servicios de asistencia de idiomas disponibles a su disposición. Llame al número incluido arriba.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래 표시된 번호로 전화해 주십시오.

This brochure is available for free in other languages and formats including online, in large print, Braille or Audio CD by calling Member Services at the number listed above.

*Magellan Complete Care of Virginia complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.*

C-B1015 (7/18)  
©2018 Magellan Health, Inc.

**Magellan**  
COMPLETE CARE.



# Remember your well visits too

Don't wait until you're sick  
to go to the doctor

Handy  
checklist  
inside!

**Magellan**  
COMPLETE CARE.



## Call your doctor and schedule your yearly well visit.

You go to the doctor when you're sick, but yearly well visits are just as important for your health.

These well visits help you:

- Prevent illness and disease
- Ask questions and talk about concerns
- Talk about medications you are taking

Call **911** if you have a medical emergency.

Take this handy checklist with you to your doctor. This will help make sure you get the care you need.

### Doctor visits\*

<i>Test or screening</i>	<i>When</i>	<i>Date</i>
Body Mass Index (BMI) with height & weight	Every year	
Blood pressure	Every year	
Vision and hearing	Every year	
Blood sugar	Every three years	
Cholesterol	Every five years starting at age 35	
Colorectal cancer (colonoscopy)	Every 10 years starting at age 50	
Prostate cancer (PSA test)	As recommended by your doctor	

### Vaccines\*

<i>Type</i>	<i>When</i>	<i>Date</i>
Flu	Every year	
Tetanus/Diphtheria/Pertussis (TDaP/Tdap)	Every 10 years	
Pneumococcal (pneumonia)	Once at or after age 65	

\*Your doctor may suggest different tests, screenings, vaccines or timing based on your specific care needs.