

Please keep your wellness score card with you and bring to your health care appointments.

Talk with your health care provider about how frequently you need preventive care based upon your personal history.

Enter the date of your preventive care by updating your health information after each visit.

Go to www.WeCareForWisconsin.com for our recommended schedule for preventive screenings and other health information.



We care for Wisconsin.

UNDERWRITTEN BY WPS HEALTH PLAN, INC.

www.WeCareForWisconsin.com

Wellness Score Card

For _____



	Initial Test	Update #1	Update #2	Update #3
Preventive Exam				
Height and Weight				
Blood Pressure Date				
Blood Pressure Reading				
Health Risk Assessment				
Hearing Exam				
Vision Exam				
Cholesterol				
Colonoscopy				
Influenza Vaccine				
MMR Vaccine				
Pneumococcal Vaccine				
Tetanus Vaccine				
Prostate Exam				
Clinical Breast Exam				
Mammogram				
Pap Smear				