amazon one medical

The physical, redesigned around you



No matter where you are in your health journey, the steps you take today can impact your well-being for years to come. That's where One Medical comes in. We're a primary care benefit you get through Heartshare — and we redesigned the annual physical around actually helping you live a healthier, happier life, not checking off boxes.

What is an Annual Checkup?

An Annual Checkup is our version of an annual physical.

- Designed to build a relationship with a provider
- Check in on the things that matter most to you and your health
- Make a plan to help you feel your best — physically and mentally



A no-cost visit - A no-brainer

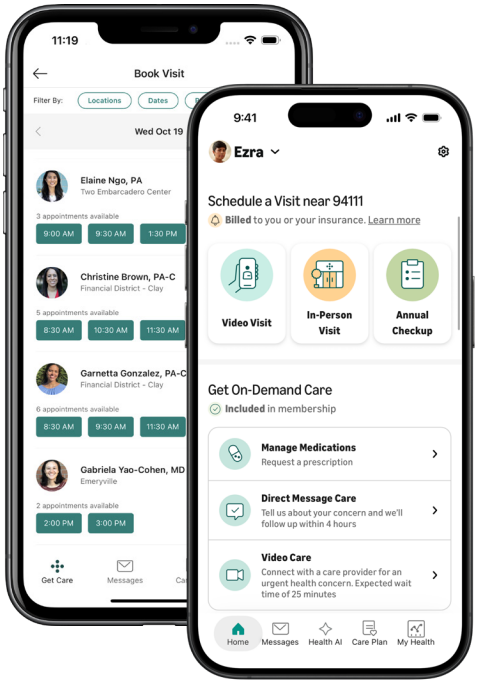
Insurance typically covers the full cost of one physical, like the Annual Checkup, every 365 days (excluding some lab work and vaccines)* Need a Pap test?

*Check with your insurance for details.



Personalized prevention is the best medicine

- Discussing your physical and mental wellness with your provider every year is a key part of prevention — and that can mean better long-term health.
- We focus on the **screenings** and topics that can truly impact your health based on your personal and family history as well as your lifestyle.



Use 24/7 Video Care in our app — **at no extra cost** — to get care for urgent issues like fever, headaches, or minor injuries.

Heartshare covers the cost of One Medical membership for you[, your spouse/domestic partner, and dependents. Activate your membership and book your annual physical today.

Sign up now at

onemedical.com/mybenefit

Use code **HEARTXOM**