

# Special

# Giveaway



**Deschutes County employees & dependents who complete & verify at least 5 of 9 annual wellness health visits from the Annual Wellness Checklist before Oct 2025 will be entered to win a Yeti Roadie Wheeled Cooler**



- Receive your choice of an insulated lunch bag or US Forest Pass when your Personal Health Assessment is completed at the doc

- Annual wellness visits can be completed at the doc or results can be uploaded to Epic @ [mypremisehealth.com](https://mypremisehealth.com) to verify. Those members with 5/9 visits verified will be placed in raffle after Oct 2025



**Your Annual Wellness Checklist**

Preventive health visits help you identify health issues before they become more serious. Schedule your year of annual preventive care services now.

Appointment type:	Date Scheduled or Due:	Completed:
Annual Physical with Primary Care	_____	<input type="checkbox"/>
Well Woman Exam / Cervical Cancer	_____	<input type="checkbox"/>
Age 40+: Breast Cancer Screening	_____	<input type="checkbox"/>
Age 45+: Colon Cancer Screening	_____	<input type="checkbox"/>
Personal Health Assessment at DOC	_____	<input type="checkbox"/>
Skin Cancer Screening	_____	<input type="checkbox"/>
Eye Exam	_____	<input type="checkbox"/>
Dental Visit #1	_____	<input type="checkbox"/>
Dental Visit #2	_____	<input type="checkbox"/>

**PacificSource**  
Provider Directory

**CORA**  
mammogram

**doc**  
MyPremiseHealth

Notes/Reminders: \_\_\_\_\_

Premise Health



Scan here to visit [mypremisehealth.com](https://mypremisehealth.com), make an appointment, or upload your results

Scan here to access Your Annual Wellness Checklist

