Bay Ltd. Wellness Program 2026
Annual Physical Exam/Wellness Screening Form

To earn the wellness program credit for an annual physical exam, please follow these steps:

1. Contact your health care provider and schedule an annual physical exam
2. Print this form and complete the participant information
a. If you and your spouse are both obtaining a physical, print two copies of the form
3. Take the form to your doctor's appointment and ask the physician to complete the chart below
a. Return this form to Bay Ltd.'s HR department by **July 31, 2026**. Form may be sent by:
   - **Email:** hr@bayltd.com ; **Fax:** 361-693-2358; OR
   - **Mail**: Bay Ltd., Attention Human Resources, 1414 Valero Way, Corpus Christi, TX 78409
   - ***For additional questions, please contact Human Resources at (361) 693-2147***

Participant Name: _____ **Participant Signature:** _____

Employee Name: _____ **Employee #:** _____

Participant Phone#: _____ **Participant D.O.B.:** _____

Provider Name/Clinic: _____ **Provider/Clinic Phone#:** _____

Provider/Clinic Address: _____

Street Address, City, State, Zip Code

Healthcare Provider to complete the information below:

_____ _____

Healthcare Provider Name Healthcare Provider Signature

Exam/Screening Type (DO NOT include exam results)	**Exam Screening Date**
Annual physical exam	
Comprehensive Metabolic Panel	

Please Note:

- An annual physical exam obtained from August 1, 2025 through July 31, 2026 will qualify towards wellness credit.
- An individual is NOT required to wait one year between routine physical exams to schedule a new routine physical exam.
- A routine physical exam is a preventive measure under the Bay Ltd. Medical plan, and there is no co-pay for an office visit with a network provider; HOWEVER if additional services or further diagnostic testing is required, this may become a diagnostic service, and you may be subject to the office co-pay and/or subject to the deductible/coinsurance for the tests.
- Ask your physician if the lab work will be processed in the office or sent to an outside lab. If an outside lab is used, inform your physician that you want a lab used that is in the Blue Cross Blue Shield network (such as LabCorp or Quest Diagnostics)
- Participation in the program is optional. But, if you have a health factor that makes it unreasonably difficult or medically inadvisable for you to participate, please contact HR and we will work with you and/or your doctor for an alternative program.