

Preventive Care



If you've been putting off your care, now is the time to prioritize your health again. Knowing what's going on with your body—before it starts to give you signs something might be wrong—is part of getting (and staying) healthy. Screenings for cancer and other conditions are a vital part of your preventive healthcare. Getting started can feel overwhelming, but at VitellaCare, managed by Crossover, we make it easy for you.

Begin by Scheduling an Annual Physical with VitellaCare

An Annual Physical Exam can give you a personalized picture of potential issues, and a plan from your care team to address them. Depending on your age, biologic sex, and current health status, you may be due for one (or more) screening today. You'll provide details about your health history, lifestyle, and home environment so your provider can better understand your overall health. They'll use your answers to make personalized recommendations for things like screenings, vaccines, and treatments to help keep you healthy. Once you know what you need, you'll find your starting line—and your journey to your best health will begin.

Schedule your Annual Physical today:

1. Activate your account or sign in at care.crossoverhealth.com. Select the "Get Care Now" button.
2. You'll be prompted to select your current state under "Where will you be at the time of service?"
3. Under "How can we help you?" → choose "Primary Care" → then select "By Visit"
4. Choose your preferred clinic location.
5. Follow the prompt to schedule an Annual Physical Exam or an Annual Well Woman Exam.
6. Select your preferred time and date, and confirm your scheduled appointment.



Sign up for your account now.

Scan the QR code or visit: vitellacare.com/getstarted