

Your Wellness Visit

An ounce of prevention is worth a pound of cure

Why Wellness?

Preventive care and wellness is what we do to prevent, delay or mitigate disease or other medical problems. Preventive care proactively identifies future health risks to try and resolve them before they become a problem.

The Annual Wellness Visit

Medicare and most private insurers now cover an annual wellness visit where you will discuss your health history and schedule or perform preventive wellness services based on your individual needs. If you were given this pamphlet, we have determined that you may benefit from an annual wellness visit.

What is the cost of the visit?

Medicare, and many private insurers, pay the entire cost of your annual wellness visit without any co-pays or out-of-pocket expense.

Depending on your visit, we may recommend other services that do have co-pays or other out-of-pocket expenses. These services are considered separate from your wellness visit, and you will be able to ask questions about their cost to you prior to them being conducted.

What other preventive services may I qualify for?

If you are enrolled in Medicare, you are covered for many preventive services, many with no co-pay or other out-of-pocket expense. These include:

- Bone Mass Measurements
- Cardiovascular Disease Screenings
- Cancer Screenings (Colorectal, Prostate, Lung, etc)
- Counseling (Tobacco, Alcohol, Obesity, etc)
- Vaccinations (Pneumonia, Influenza, etc)
- and more...

Before your Annual Wellness Visit

What to expect:

- During your annual wellness visit, we will gather information about your unique health situation. We will discuss what medical problems you have, which you may need to watch for, and how we can prevent them together.
- You may be given some preventive care, such as a review of your medical history and counseling, but you will not be given a physical exam unless we have informed you otherwise.
- When we are finished with your visit, you will be given an individualized plan to take home that outlines recommendations for further preventive services and lifestyle changes that may be beneficial for you.

What to bring:

It is important that you bring enough information to your visit so that we can best understand your unique health situation. This includes:



Any **medical records** or **immunization records** you have.



Any **family health history** you may have, especially including family within two generations of you.



A complete **list of medications** you take, including supplements.



A list of other **healthcare providers** that are currently involved in your care.



Any **questionnaires** given to you or other information requested by your doctor.

You can find the complete list of Medicare covered services at www.medicare.gov/coverage. Most private insurances have coverage that closely mirrors Medicare, and you can usually find your coverage by searching your insurers name and "preventive services" online.