



NW MOMENTUM HEALTH PARTNERS ACO

The Path to Wellness

When you have your health, you have everything.

Medicare patients: Manage your health by receiving a no-cost preventive Annual Wellness visit.

“ Why do I need an Annual Wellness Visit? ”

By following a schedule of routine exams, screenings and vaccinations, you'll stay healthier longer.

Medicare covers an Annual Wellness Visit with your physician at no cost to you.

Your Annual Wellness Visit sets you on an important path to manage your health care.

What you can expect from your Annual Wellness Visit

Your Annual Wellness Visit is not a traditional, head-to-toe physical. Rather, it is a time when you and your doctor identify any health risks you have and, together, develop a plan to help reduce your risks. The goal is to help you live a healthier life.

- ✔ A health risk assessment (questions you answer about your health).
- ✔ A review of your medical and family history.
- ✔ Developing or updating a list of your current providers and prescriptions.
- ✔ Documenting your height, weight, blood pressure and other routine measurements.
- ✔ Looking for signs of memory loss or dementia.
- ✔ Personalized health advice.
- ✔ A list of risk factors and treatment options.
- ✔ A screening schedule (a checklist) for the preventive services recommended.

What to bring with you to your visit

- ✔ A list of all the health care providers you see, including names and contact information.
- ✔ All the medications you take (prescription, non-prescription, vitamins, supplements and herbal). Note: It may be easiest to put the bottles in a plastic bag and take them with you to the appointment.
- ✔ Your completed health history form and health risk assessment if sent to you by your doctor's office ahead of time.
- ✔ A list of questions or things you want to discuss with your doctor.



Discuss these important health concerns with your primary care provider

- ✔ Mental and physical wellness.
- ✔ Daily exercise.
- ✔ Fall risks.
- ✔ Urinary incontinence.
- ✔ Risk for heart attack or stroke.

Answers to questions frequently asked by patients

➔ Can I use this visit to discuss my other conditions with my primary care provider?

If your healthcare provider performs any additional tests or services not covered by Medicare's Annual Wellness Visit during your appointment, you may have a co-pay or coinsurance.

➔ How often am I allowed to have my Annual Wellness Visit?

You can receive your Annual Wellness Visit once every 12-months.

➔ What are the differences between a Welcome to Medicare visit and Annual Wellness Visit?

“Welcome to Medicare” visit: You can get this introductory visit only within the first 12 months you are enrolled in Medicare / Medicare Advantage. This visit includes a review of your medical and social history related to your health and provides education about preventive services.

Annual Wellness Visit: If you've had Medicare / Medicare Advantage for longer than 12 months, you can get this visit to develop or update a personalized prevention health plan based on your current health and risk factors.



Schedule your appointment today

If you are a Medicare member and have not received your Annual Wellness Visit in the last 12-months, contact your primary care provider today to schedule your no-cost appointment.

www.nwmomentumhealthaco.com | 1-877-943-4337 option 6
219 7th AVE SE, #201 | Olympia, WA 98501
M - F 8am - 5pm PST