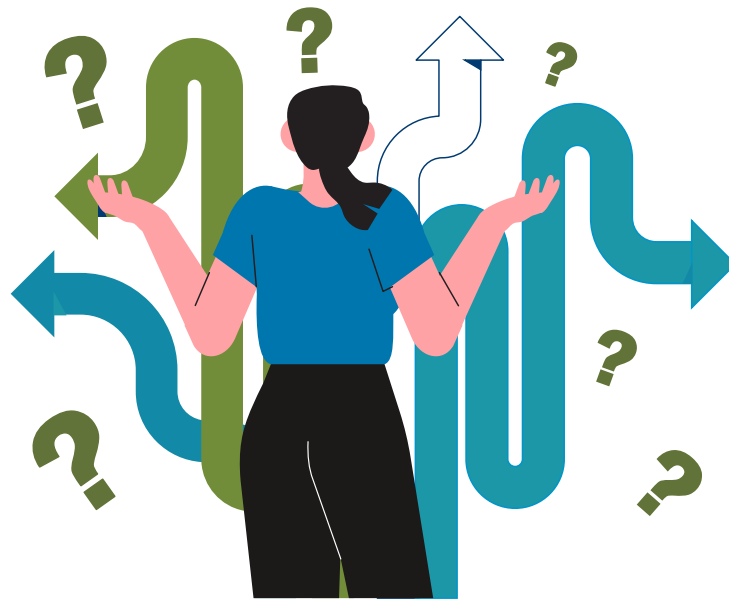


The Path To Wellness

When You Have Your Health, You Have Everything



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.

The Annual Wellness Visit is voluntary and does not affect your Medicare benefits.

Annual Wellness Visits set you on an important path to manage your healthcare.

What to bring with you to your visit:

- A list of all the healthcare practitioners you see, including names and contact information.
- All the medications you take (prescription, non-prescription, vitamins, supplements and herbal). Note: It may be easier 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.



What can you 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 practitioners 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 preventative services recommended.

Schedule 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.

Answers to Frequently Asked Questions



● Can I use this visit to discuss my other conditions with my Primary Care Provider?

If your healthcare practitioner 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 an 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 preventative 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.