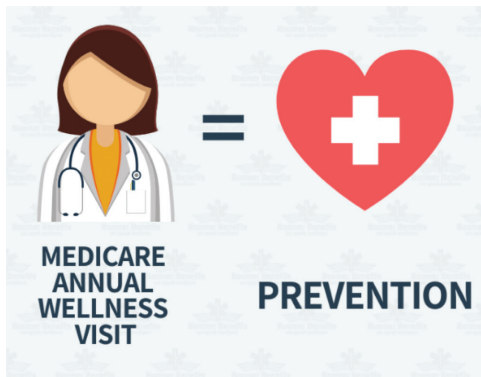


WHAT IS A MEDICARE ANNUAL WELLNESS VISIT?

- The Medicare Annual Wellness Visit is a 100% covered preventive service
- The Annual Wellness Visit differs from the typical annual physicals you may have had in the past
- If you've been enrolled in Medicare for more than 12 months, you qualify for an Annual Wellness Visit once each year



The goal of the Medicare Annual Wellness Visit is to develop or update a personalized prevention plan.

Medicare offers several preventive care services at no cost to beneficiaries. These exams and screenings can help you stay healthy and prevent illness. The most common preventive care service is the Medicare Annual Wellness Visit.

The Medicare Annual Wellness Visit is a medical visit that you can take advantage of free of charge. This visit is intended to keep you in touch with your healthcare team to ensure that you are up to date on important health screenings and preventive care measures.

Let's look at exactly what this appointment includes as well as some of Medicare's other preventive care services.

WHAT IS INCLUDED IN THE MEDICARE ANNUAL WELLNESS VISIT?

The Annual Wellness Visit is an appointment with your primary care provider, during which your healthcare team will create or update your personalized prevention plan. The purpose of the appointment is to help you prevent illness based on your health status, medical history and any risk factors you may have.

You may be asked to **complete a health questionnaire ahead of your visit**. This is an important part of your visit as it will ensure that your healthcare provider has the information needed to update your prevention plan and understand your individual needs.

Here are some of the covered items that your healthcare team is likely to review with you during your Medicare Annual Wellness Visit:

- Routine measurements, such as height, weight and blood pressure
- A health risk assessment with questions about your health status, needs and risk factors
- A review of your medical and family medical history
- A list of your current medications

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- A list of your healthcare providers, including any specialists, pharmacies or medical equipment suppliers you use
- Assessment of your functional ability and mobility, including activities of daily living, exercise and risk for falls
- Screenings for things like depression and tobacco use
- Immunization recommendations based on age and health history
- Advance care planning

Your healthcare team is also likely to discuss personalized health advice that would enable you to reduce your risk factors. They may offer education or services related to nutrition, functional mobility, preventing falls, or ways to stop smoking. Lastly, your healthcare team may also schedule you for other appropriate preventive care services, such as **cardiovascular screenings, diabetes screening and certain cancer screenings**.

IS AN ANNUAL WELLNESS VISIT THE SAME AS A PHYSICAL?

No. A 'physical' is a more extensive physical examination. For example, when you have had an annual physical in the past, your provider may have performed head, neck, lung, and abdominal exams, as well as testing your reflexes and neurological responses. Medicare does not cover this kind of physical, so your healthcare provider will generally not perform these during your Annual Wellness Visit.

WHO IS ELIGIBLE FOR A MEDICARE ANNUAL WELLNESS VISIT?

All Medicare beneficiaries who have been enrolled for at least 12 months qualify for the Annual Wellness Visit. This includes Medicare Part B as well as Medicare Advantage plans. If you are within your first twelve months of eligibility, this visit is referred to as a '**Welcome to Medicare Visit**'.

If you are enrolled in Medicare Part A only, you are not eligible.

WHY DO I NEED A MEDICARE ANNUAL WELLNESS VISIT?

You may be wondering how an Annual Wellness Visit differs from other appointments with your healthcare provider. It's common for visits in the healthcare setting to focus on a problem or concern that already exists. For example, you may go to the doctor's office to follow up on a chronic condition or because you aren't feeling well. In contrast, the Annual Wellness Visit is an appointment that focuses on the prevention and detection of disease. Staying up to date on health screenings is an important part of your overall care. Preventive care visits are intended to reduce the risk of chronic disease and complications, save you money on medical expenses and most importantly, improve your quality of life and longevity.

CAN I TALK WITH MY PROVIDER ABOUT OTHER NEEDS DURING MY ANNUAL WELLNESS VISIT?

Sometimes your doctor may diagnose something new or need to treat a new or existing health condition during your Annual Wellness Visit. This becomes diagnostic care, and Medicare can bill you for that care.