



STAY WELL WITH AN ANNUAL WELLNESS VISIT

A comprehensive approach to health improvement and disease prevention

Is an annual wellness visit the same as a physical?

No. An annual wellness visit isn't your annual physical. It doesn't include a head-to-toe "hands-on" exam. It's also different from your "Welcome to Medicare" preventive visit.

What is an annual wellness visit?

An annual wellness visit is a yearly appointment with your primary care provider (PCP). It's a chance to talk about any concerns you have and make sure you receive all the care you need.

The annual wellness visit is a great way to be proactive about your health. You and your PCP will create a personalized plan together to help you be your best. The visit also allows your PCP to get a more complete picture of your health, which can help with future diagnoses and health advice.

What are the benefits of an annual wellness visit?

It allows your PCP to catch issues or address concerns as soon as possible. It can also help you manage chronic conditions like diabetes or hypertension. Your PCP will also remind you about any preventive care services you need, like vaccines and cancer screenings.

What will happen at my annual wellness visit?

You'll talk about any questions or concerns you have, and your PCP will:

- Take your measurements: height, weight and blood pressure
- Go over your personal and family medical history
- Perform screenings/assessments: hearing, fall risk, depression, activities of daily living and cognition
- Provide referrals (if needed): smoking cessation, weight management, fall prevention, nutrition or physical activity
- Review your medications: prescription drugs, over-the-counter meds and supplements
- Help you create a wellness plan, including screenings/vaccines needed in the next 5–10 years

What should I bring to the visit?

- The names of all your providers and pharmacies
- A list of all your medications, including prescription drugs, over-the-counter meds and supplements
- Your immunization records

TAKE ADVANTAGE OF THIS FREE BENEFIT BY SCHEDULING YOUR ANNUAL WELLNESS VISIT FOR THIS YEAR.

Your plan covers annual wellness visits at 100%; however, if during the visit, your healthcare provider discovers a new health problem and takes steps to treat it, you may be billed for the diagnostic care that you receive. For more information, call the number on the back of your ID card.

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