

Your Medicare Wellness Visit

What is a Medicare Wellness Visit?

This visit is designed to assess your current wellness and identify risk factors for future health problems. An easy and important way to stay healthy is to get early disease screenings or prevention tests.

It is best to meet with your provider every 12 months to:

- Review your current health
- Create a plan of care just for you
- Get the important screenings, shots and referrals you need to help you stay healthy

What does the wellness visit include?

- A Personalized Prevention Plan with a schedule of screenings and shots you should get over the next 5 to 10 years to help you stay well
- Review of your medical and family history, including your risk for diseases or future health problems
- Check of your blood pressure, weight, height and body-mass index
- Screen for depression as well as your mental and physical well being
- Referral to other professionals for health care if needed

Other tests may be done if your provider thinks these are needed to help you stay well.

Is this a physical exam?

No. A Medicare Wellness Visit focuses on a plan to keep you healthy and independent, rather than focusing on health problems you may already have.

A physical exam is a service that includes a complete medical exam with your provider. A physical is not a Medicare-covered service.

What will the Medicare Wellness Visit cost me?

Medicare will cover the cost of the preventative care services. If you have any other health concerns or questions to discuss with your provider, a medical visit may be added to your wellness visit and you may need to pay a deductible or co-pay depending on your Medicare plan.

What if I have other medical problems I need taken care of?

If you have other medical concerns, your provider will do his or her best to meet your needs. However, it is not the main purpose of the Medicare Wellness Visit to address these.

If you feel you need to be seen for medical concerns, please contact your clinic to schedule a 'sick visit' or 'chronic condition follow-up visit'. These visits may be billed to Medicare, and you may need to pay a deductible or co-pay.

If time allows in the schedule, your provider may be able to add a medical visit to your wellness visit. This portion of the visit may be billed to Medicare and you may need to pay a deductible or co-pay just like a normal office visit. Otherwise, a separate visit may be needed to address these concerns.

What will I need to do to prepare for the visit?

You may be asked to complete some paperwork before your appointment. Bring your current medications to your appointment, as well as names of other providers that are involved in your health care. Arrive on time so that you have time to talk to your provider about your important wellness issues. After all, this visit is all about preventing disease, improving your health and helping you live well.