



# Understanding The Medicare Annual Wellness Visit

### HOW YOU BENEFIT FROM THIS IMPORTANT BENEFIT



A Medicare Annual Wellness Visit is a preventive visit with your provider and a great opportunity to focus on issues or concerns that may be overlooked in a routine physical exam. During the visit, your healthcare team will help you develop a long-term, preventive care plan to guide your health.



### WHO IS ELIGIBLE?

If you have Medicare Part B coverage and have not had a Medicare Annual Wellness Visit or a Welcome to Medicare Visit in the past 12 months, you may be eligible. If you are unsure, please contact your insurance provider to verify eligibility.

### IS THE MEDICARE ANNUAL WELLNESS VISIT THE SAME AS A YEARLY PHYSICAL?

No. During a yearly physical, your provider is focused on chronic illnesses and performing routine lab work. The Medicare Annual Wellness Visit focuses on your overall health and wellbeing. Together with your provider, you will create a personalized, preventive health plan that addresses things like lifestyle changes, goals and preferences. Plus, your provider can assess and address any issues before they become urgent.

### WHAT IS THE COST FOR THIS APPOINTMENT?

Patients pay nothing out-of-pocket for this visit. During your visit, if you require further tests or screenings other than those outlined in the appointment overview, a co-payment or deductible expense may occur.

## WHAT TO EXPECT

- Review your medical and family history
- Review your current medications
- Review your list of current care providers
- Screen for memory and behavioral changes
- Measurement of blood pressure, weight and height
- Review of movement ability and risk of falls
- Advance Care Planning

**With this information, your provider will develop a written preventive health and screening plan.**