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WHAT IS PREVENTIVE CARE AND WHY DO I NEED IT?

Preventive care is what we do to prevent or delay medical problems. Getting preventive care saves you the time, money, and the worry that come with medical problems. And if you avoid medical problems, you'll be more independent and have a better quality of life for a longer time.

WHAT SHOULD I BRING TO MY PLANNING VISIT?

When you come in for your Medicare Annual Wellness Visit, please bring the following:

- Any medical records you have, including immunization records.
- Any family health history you have, in as much detail as possible.
- A complete list of medications you take, including vitamins, supplements, and herbs. For each medication, write down how often and how much of each you take.
- A list of healthcare providers and suppliers currently involved in your care.



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Your Medicare Annual Wellness Visit



WHY DO I NEED A PERSONALIZED PLAN?

Preventive care is not the same for everyone. What's best for you depends upon your medical history, your family's medical history, and how you live.

For example, for most people a colonoscopy is recommended every 10 years. If someone in your family has had colon cancer, you're at greater risk for colon cancer than most people. Having a colonoscopy more often than other people could save your life.

It's the same with many other conditions. Considering your history and your current situation helps us create an individualized plan for you.

DO I HAVE TO PAY FOR THIS VISIT?

No. Medicare pays the entire cost of this visit if:

- You have had Medicare Part B coverage for more than 12 months, AND
- You have not had a Medicare Initial Preventive Physical Examination or an Annual Wellness Visit within the last 12 months.

If you're not sure if these are true for you, please ask.

I ALREADY GO IN FOR A ROUTINE PHYSICAL CHECKUP EVERY YEAR. IS THIS THE SAME THING?

No. During your Annual Wellness Visit you'll make an overall plan for future visits. During your routine physical checkup (a separate visit), you can take some of the steps to carry out that plan.

The plan you make during your Annual Wellness Visit will help your routine checkups run more smoothly. As soon as you arrive at your routine checkup, your doctor can look at your plan and know what is the most important to do. This will give you more time in your routine checkup to talk about how you're feeling.

WHAT WILL HAPPEN DURING THE VISIT?

During your Annual Wellness Visit, we'll gather more information about your unique health situation. We'll discuss what medical problems you may need to watch out for, and how we can help prevent them. You may be given some preventive care, such as a flu immunization, but you will not be given an actual physical exam.



WHAT IF MY HEALTH SITUATION CHANGES IN THE FUTURE? WILL MY PREVENTION PLAN CHANGE TOO?

Yes. Medicare will pay for you to come in every year and update your plan according to your current needs.

IF I HAVE OTHER HEALTH CONCERNS, CAN I ASK ABOUT THEM DURING THIS VISIT?

If you have specific concerns about your health, you need to schedule another appointment.