

Understanding the Medicare Annual Wellness Visit

HOW YOU BENEFIT FROM THIS IMPORTANT MEDICARE 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 health-care 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 DOES THE MEDICARE AWW COST?

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.**

APPOINTMENT OVERVIEW, 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, height and weight
- 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.

WHAT SHOULD I DO IF I HAVEN'T HAD AN AWW IN THE PAST 12 MONTHS?

Call your clinic and ask to schedule your Medicare AWW. Please see the back of this piece for some things to help you prepare and know what to expect. Please feel free to bring this document with you to your appointment.

Sample Patient Scenario: Sally takes medication for high cholesterol and high blood pressure. She has been feeling fatigued and plans to discuss this during her Medicare Annual Wellness Visit.

Sally’s physician completes the requirements for an AWW, reviews and discusses screenings and immunizations appropriate for her age and develops and reviews her personalized preventive health plan. Sally discusses her increased fatigue with the physician. After reviewing Sally’s medications and previous lab results, the physician determines that she is due for additional testing due to her high cholesterol, medication use and symptoms. The physician also determines that Sally needs a Hepatitis C screening, glucose screening, mammogram, colonoscopy and influenza and pneumococcal vaccines. Finally, they discuss her advance care plan including Sally’s medical treatment preferences.



The following services **are covered:**

- Review of medical history
- Fall risk assessment
- Screening for depression and cognitive impairments
- Development of a personalized preventive care plan
- Hepatitis C screening
- Glucose screening
- Mammogram and Colonoscopy screening
- Influenza and pneumococcal vaccines
- Advance care planning



The following services are outside of the AWW and **may result in an additional office visit charge:**

- Management of high cholesterol, hypertension and fatigue

APPOINTMENT PLANNING GUIDE

Appointment date, time and location:

MEDICATION RECORDS

Medication Name/Strength	How often do you take?	Reason for taking	Concerns/Issues
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Do any of the following factors **prevent** you from taking your medications?

- Cost
 Side Effects
 Forget
 Questions/Concerns
 Ability to pick up

Other: _____

Names of other health-care providers or specialists you see:

Questions or concerns you would like to discuss with your provider:

Are any of the following factors stopping you from reaching your health goals?

- Access to food
- Financial Concerns
- Behavioral Health
- Housing
- Transportation
- Other: _____