**Medicare AWV Social Kit**

Hashtags: #MedicareAWVBenefitsYou, #MedicareAWV, #AnnualWellnessVisits, #WellnessBenefitsForSeniors, #PrimaryCareIsPreventiveCare

**Image: Are you on Medicare?**

Caption: Did you know that Medicare beneficiaries are eligible for a free Medicare Annual Wellness Visit? This preventive visit is a great opportunity to connect with your primary care provider to review your medical and family history, assess your current health, establish your overall health goals and address issues or concerns that may be overlooked during a routine appointment. Contact your primary care provider to schedule your appointment today and visit NebraskaHealthNetwork.com/AWV to download our overview and planning worksheet.

**Image: Patient Video**

Caption: Curious about Medicare Annual Wellness Visits?Watch our two-minute video to learn what an Annual Wellness Visit is, how you benefit and how to prepare for this important appointment with your provider. For more information and to access our patient planning worksheet, visit NebraskaHealthNetwork.com/AWV.

**Image: Focus on You**

Caption: Medicare Annual Wellness Visits are a great opportunity to connect with your provider and focus on your overall health. Annual Wellness Visits include a comprehensive review of your health including your:

* Medical and family history
* Current medications
* Memory and behavioral changes
* Movement ability and risk of falls
* Advance Care Planning

For more information about your Medicare Annual Wellness Visit and what to expect, visit NebraskaHealthNetwork.com/AWV.

**When Was Your Last Medicare Annual Wellness Visit?**

Caption: Have you had your free Medicare AWV visit in the past 12 months? If not, it’s time to schedule an AWV with your provider. This free visit is a great opportunity to focus on your overall health and wellness. Call your primary care provider to schedule your appointment today. Need help finding a provider? Visit NebraskaHealthNetwork.com/AWV to learn more about the providers at Methodist Health System and Nebraska Medicine and to download our patient overview and planning worksheet.

**Take Control of Your Health**

Caption: Medicare Annual Wellness Visits ensure you receive the support you need to stay healthy! Contact your primary care provider to schedule this important, free benefit. Watch our quick video to learn more about Annual Wellness Visits, what to expect and how to prepare for your appointment.

**Image: Health Care Can be Overwhelming**

Caption: Complex terminology, screening guidelines, medications and multiple providers can make health care seem overwhelming... but it doesn’t have to be. If you are a Medicare beneficiary, contact your primary care provider to schedule your free Medicare Annual Wellness Visit. This comprehensive visit ensures you have time with your provider to discuss your questions, medical and family history and to develop a long-term plan to keep you healthy. Visit NebraskaHealthNetwork.com/AWV to watch our two-minute overview video and to download a planning worksheet to help you prepare for your appointment.