

# UNDERSTANDING MEDICARE ANNUAL WELLNESS VISITS

NEBRASKA  
HEALTH  
NETWORK



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



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

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

## WHAT DOES THE MEDICARE AWV COST?

You 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.**

**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 AWV, 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 AWV and may result in an additional office visit charge:

- Management of high cholesterol, hypertension and fatigue

AWV14C