

Medicare's Yearly "Wellness" Visit

Have you had your Yearly Wellness Visit? This visit is one of the preventive services and screenings covered by Medicare Part B. Your provider will ask you to fill out a questionnaire, called a "health risk assessment", as part of this visit. Answering these questions can help you and your provider develop or update a personalized prevention plan based on your current health and risk factors.

Your yearly wellness visit can also include:

1. Review of your medical and family history
2. Developing or updating a list of current medical providers and prescriptions
3. Recording height, weight & blood pressure
4. Creating a list of risk factors and treatment options
5. Detection of any cognitive impairment
6. Establishing a schedule of screenings for appropriate preventive services
7. Personalized health advice
8. Advance care planning

It is important to note that the Yearly Wellness Visit is not the same as a physical. Medicare does not cover a routine physical.

You pay nothing for the Yearly Wellness Visit if the doctor or other qualified provider accepts assignment. If additional tests or services are performed during the same visit they may not be covered under this preventive benefit and you may have to pay the coinsurance and the Part B deductible may apply. Also, be sure to ask for the Yearly Wellness Visit by name when you call to schedule your appointment. And if you are not sure if the test/screening your doctor has recommended will be covered by Medicare you should ask your provider.

Remember, taking advantage of the Yearly Wellness Visit and other preventive services and screenings are an important step in promoting good health.

More information about the preventive tests/screenings covered by Medicare can be found in the Medicare and You handbook or on the Medicare website (www.medicare.gov). You can also call **The ADRC of Buffalo & Pepin Counties** for more information.