

## What is a Medicare Wellness Visit?

If you are enrolled in Medicare Part B you are eligible for a Medicare Wellness Visit.

**There are three types of Wellness Visits.**

**1. Welcome to Medicare Physical:**

This visit is done within the first 12 months of Medicare Part B enrollment.

**2. Annual Wellness First Visit:**

This visit is done after the first 12 months of Medicare Part B enrollment and 12 months after the Welcome to Medicare Physical.

**3. Annual Wellness Subsequent Visit:**

This visit is done yearly and must be 12 months from any previous Annual Wellness Visit.

*Your Healthcare Provider will help you know which visit you are due for. Please let them know if you have had any of these visits performed by another provider.*

## What does a Medicare Wellness Visit Cost?

Patients eligible for a Medicare Wellness Visit can have the visit performed at no cost. Medicare waives both the coinsurance/copayment and the Medicare Part B deductible.

## What to expect at your Medicare Wellness Visit:

The Wellness Visits are “preventive visits”. This means your healthcare provider and staff will focus on preventive screening and testing that should be done to help keep you healthy. The visit will take about 45 minutes.

They will:

- Record and evaluate your medical, family, surgical, and social history.
- Update current health conditions, medications, and allergies.
- Check your blood pressure, height, weight, pulse, respirations, and any other vital signs deemed appropriate.
- Make sure you are up to date with preventive screens and services like cancer screenings and vaccinations.

## **What to bring to your Medicare Wellness Visit:**

Please bring the following to your visit:

- Medical records you may have that may have not been sent to your healthcare provider such as testing and immunizations.
- Names of any specialist or other providers you see.
- Medication bottles for all medications you take including over-the-counter and herbal supplements.
- Family health history. This helps your healthcare provider better understand which screening you need and what to watch for in the future.
- A copy of your Advanced Directive/Living Will or POST. Your healthcare provider will keep a copy in your medical record.

## **Are clinical laboratory tests part of the Wellness Visit?**

No. Only screening labs the patient is eligible for are considered part of the Wellness Visit. All other lab testing will need to be done on a different day.

## **Is the Medicare Wellness Visit the same as a physical?**

No. The Medicare Wellness Visit is not a “routine physical checkup”. The Medicare Wellness Visits focus on health promotion and disease prevention and detection to help beneficiaries stay well. Medicare does not cover routine physical examinations.

## **Can I have my Medicare Wellness Visit when I am sick?**

The Medicare Wellness Visit can only be done as a solo visit. If you are not well and need your healthcare provider to evaluate and treat you we will reschedule the Medicare Wellness Visit for a different day.

***If you have any questions please call our office at 208-879-4351.***