

Preventative Visits at FMMC

Routine Preventative Exam (Annual Physical): The purpose of a preventative visit is to review your overall health, identify any risk-factors, and discuss ways of how to keep you healthy. Most insurance plans will cover the cost of this visit in full on an annual basis (Your insurance plan may consider this to be a time frame of one full year and one day)

This visit is **prevention** focused (routine) not **problem** focused (medical), and includes review of the following:

- Your past medical, social, surgical, and family history
- Your current medications
- Your immunization history
- Age/gender appropriate screening tests such as breast, colorectal, cervical, and prostate cancer, cardiac risk assessment, as well as annual depression and alcohol use screening
- Ordering lab work if indicated
- Checking your height, weight, pulse, and blood pressure
- Examination of your eyes, ears, throat, abdomen, skin, and listening to your heart and lungs

Annual preventative exams typically do not include the discussion of new problems/concerns or a detailed review of your chronic existing conditions. If you have a new health problem or a new diagnosis (high blood pressure, back pain, depression, etc.) the provider may address them if there is sufficient time to appropriately do so. This portion of the visit would be billed as a regular office visit as it is not considered preventative and depending on your insurance plan a copay or a portion of your deductible may apply.

If the provider feels that a separate office visit is required to allow for enough time to clinically address the concern they will advise you to schedule an additional appointment.

Please note: Well-women gynecological visits (inclusive of pap smear) are considered routine preventative exams and are scheduled according to the guidelines outlined by the American College of Obstetricians and Gynecologists (ACOG).

Medical Office Visit: The purpose of an office visit is to evaluate and direct the treatment of a specific existing or new medical concern. This may include the ongoing management of your medications effectiveness, in-office procedures, and/or addressing a new or ongoing medical problem.