What is an Annual Wellness Visit?
An annual wellness visit is a preventative check-up that is a dedicated time for physicians and patients to discuss procedures, immunizations, and health screenings that you need to remain healthy. This visit is highly recommended by the American Medical Association, and preventative care screenings are covered by most insurances. There is an exception however of any older, existing plans grandfathered in that do not have to cover in full for these services.

What is usually included in a Medicare Annual Wellness Visit?
- A conversation about your medical and family history
- Measurement of height, weight, body mass index, blood pressure and other measurements as deemed appropriate by the medical/family history
- Establishment of a list of current providers who are involved in your medical care
- Review of potential risk factors for depression
- Establishment of a written screening schedule, such as a checklist for the next five to 10 years

What is not included in a Medicare Annual Wellness Visit?
A Medicare Annual Wellness Visit is not necessarily a complete physical*, and it does typically not include:
- Medication refills
- Problem visits
- Testing
- Medical treatment

If you require medication refills or have other health issues that need to be addressed, we may suggest that you make an appointment for these conditions and schedule your Annual Wellness Visit at another time. Or if we schedule both for the same day, then you will be charged for the problem visit or other office visit service. This is a different service and is billed to your health plan in addition to the preventative services on that day. If you have a co-payment for office visits, coinsurance or deductible amounts that you must pay before your health plan pays for these services, these would apply.

*Medicare patients who are new to the insurance (6 months or less) are allowed a one-time Welcome to Medicare (IPPE) exam. This exam is more comprehensive and includes several types of tests.

When should I schedule a Medicare Annual Wellness Visit?
We recommend that you contact your physician early in the year to schedule this visit. It's important to start out the year on the right foot with healthy habits, and your physician can help you live your best possible life.

If you have any additional questions about preventative care or annual wellness visits, please talk to your physician or physician's office.