



A WORD TO OUR PATIENTS ABOUT YOUR ANNUAL WELLNESS VISIT

Dear Patient:

Your insurance company covers an annual wellness visit at no cost to you. This visit is an opportunity for you and your healthcare provider to develop a personalized prevention plan that takes a comprehensive approach to improving your health and preventing disease. This means that you and your healthcare provider can develop a strategy together to help manage your health care.

Services designated as preventive care include annual wellness visits, routine immunizations and certain designated screenings.

This visit may include the following:

- **Routine measurements, such as your height, weight, blood pressure, and body mass index (BMI).**
- **Review of your individual medical and family history.**
- **Review of the medications, supplements, and vitamins that you are currently taking.**
- **Discussion of the care you are currently receiving from other healthcare providers.**
- **Review of your functional ability and level of safety, including any cognitive impairment, as well as a screening for depression.**
- **Discussion of personalized health advice that takes into account your risk factors and specific health conditions or needs, including weight loss, physical activity, smoking cessation, fall prevention, and nutrition.**
- **Discussions of referrals to other appropriate health education or preventive counseling services that may help you minimize or treat potential health risks.**
- **Planning a wellness schedule for screening and preventive services needed over the next 12 months.**

After your initial annual wellness visit, you are eligible for a subsequent wellness visit every 12 months. The annual wellness visits are not subject to deductibles, co-insurance, or co-payments, which mean that there is no expense to you.

Please be advised that services not included in the wellness visit, as outlined by your insurance company, may not be rendered at the time of the visit. For more information regarding what your insurance plan covers during a wellness visit, contact your insurance by calling the phone number on the back of your insurance card.