



Family Medical Group
Caring For Your Family

A WORD TO OUR PATIENTS ABOUT MEDICARE AND WELLNESS CARE

Dear Patient:

Medicare 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.

This visit includes 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 (for example, your risk of falling at home), 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.
- Discussion of referrals to other appropriate health education or preventive counseling services that may help you minimize or treat potential health risks.
- Planning a schedule for Medicare screening and preventive services.

Although the annual wellness visit is not the same as an annual physical exam, it provides you with the same opportunity to talk with your healthcare practitioner about your health concerns.

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 Medicare Part B deductibles, co-insurance, or copayments, which means that there is no expense to you. However, if during your visit your healthcare provider were to render services for any other condition (including medication refills) unrelated to the wellness visit, Medicare Part B deductibles, co-insurance, or copayments will apply.

We hope to help you get the most from your Medicare Wellness Benefits. Please contact our office with any questions you may have.