

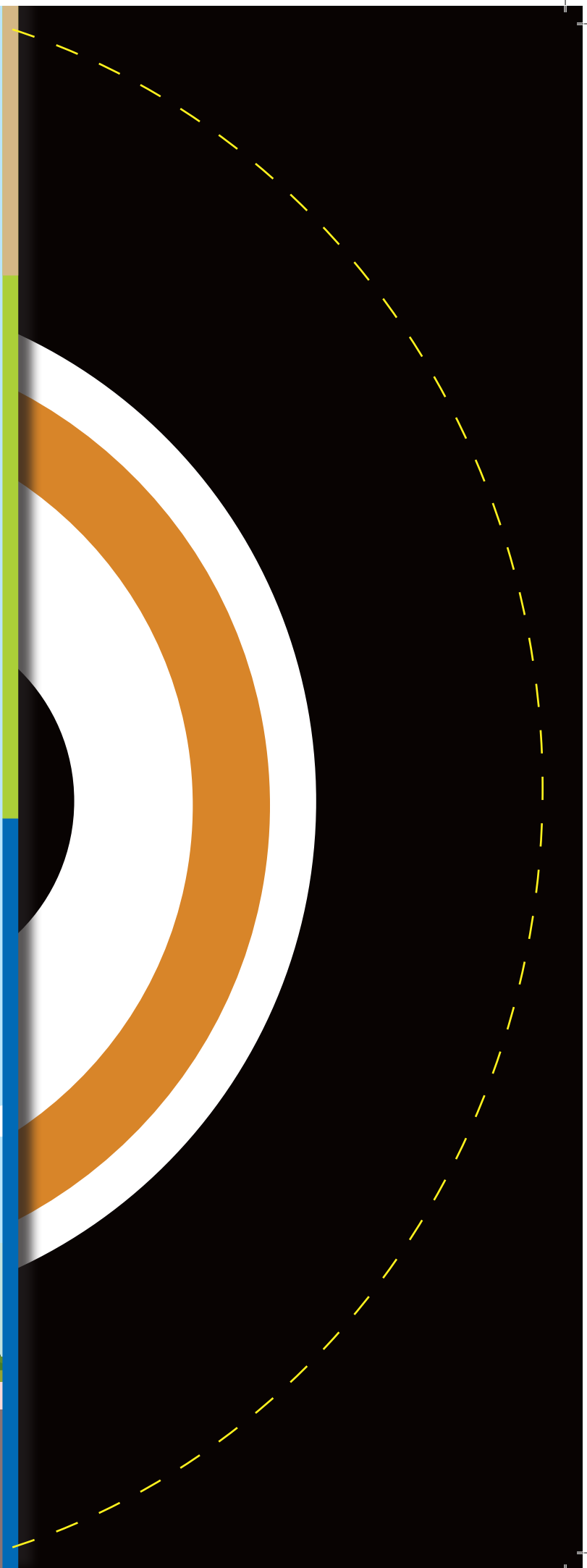
Medicare's Annual Wellness Visit: A Tune-Up for Your Body

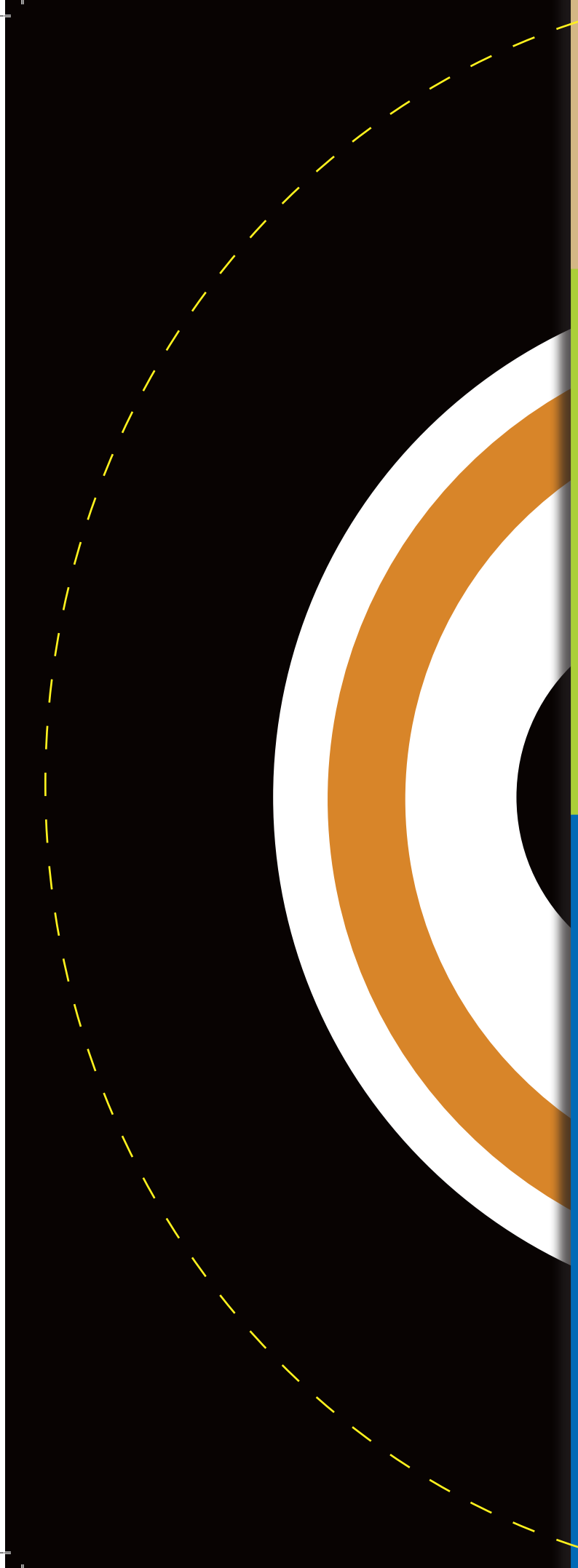
How is your body like a car?

- Both help you get to where you need to go.
- Both protect what is inside of them.
- Both need an annual check-up and preventive maintenance.

The better you take care of your car, the better it will work. The same goes for your body.

- With some preventive care, you can avoid an expensive repair.
- In health, an ounce of prevention is worth a pound of cure.





Medicare covers 100% of the cost for the Annual Wellness Visit with no out-of-pocket expense to you.

- This visit is covered every 12 months to help you stay healthy.
- The visit includes a review of all the medications, vitamins and supplements you are taking so that the doctor's office can update your records.
- This visit helps your doctor identify any health risks you may have.
- It is a time when your doctor provides you with personalized health advice and puts together a plan to keep you healthy.

Check with your doctor's office today to see if you are due for your Annual Wellness Visit.

Want to see this message come to life? Visit www.qualityinsights-qin.org/wellness to watch our short video titled AWW: A Tune-Up for Your Body. And while you're there, check out our Palliative Care and Oranges video and Antibiotics: The Right Tool for The Right Problem.

To learn more about how you can take an active role in your healthcare, visit www.qualityinsights-qin.org.

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