

What do I do after the visit?

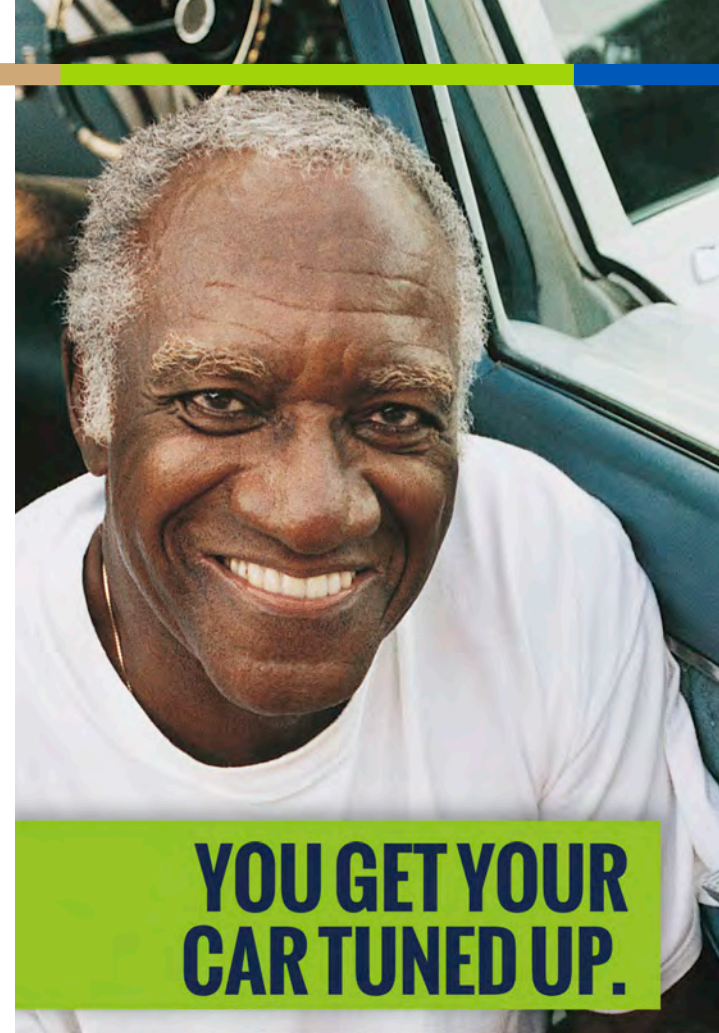
If your doctor recommends any screenings or services that cannot be done during your Annual Wellness Visit, be sure to schedule those appointments.

Report any changes in your health to your doctor's office.

Visit www.qualityinsights-qin.org and click on the Patients/Families tab for free tools to help you stay healthy.



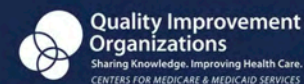
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YOU GET YOUR CAR TUNED UP.

WHAT ABOUT YOUR BODY?

Medicare covers an Annual Wellness Visit once every 12 months. This visit can help you and your doctor catch disease early and keep you healthy.





AWV: What is it? Do I need it?

Medicare's Annual Wellness Visit is an important benefit that can help prevent disease and disability. The visit is not just an annual physical. It is a chance for you and your doctor to work together to create a personalized plan to keep you healthy.

As part of the visit, your doctor will ask you to fill out a Health Risk Assessment. These questions can help your doctor evaluate your current health and risk factors.

The visit can also include:

- A review of your medical and family history
- Developing or updating a list of current providers and prescriptions
- Detection of cognitive impairment
- Personalized health advice
- A list of risk factors and treatment options for you
- A schedule for preventive services (such as screenings or shots)
- Advance Care Planning (planning for future healthcare)



What does Medicare cover? What do I pay?

If you've had Medicare Part B for longer than 12 months, you can get this visit to develop or update a personalized prevention plan. This visit is covered once every 12 months (11 full months must have passed since the last visit).

You pay nothing for the Annual Wellness Visit if your doctor or other qualified healthcare provider accepts assignment. The Part B deductible doesn't apply.

Note that you may have to pay co-insurance, and the Part B deductible may apply if your doctor performs additional tests or services during the same visit. These additional tests or services aren't covered under the preventive benefits. At this visit, if the doctor needs to address other medical concerns (like a sore knee or other medical conditions), then you may have a deductible or copay.

What do I bring to the appointment?

Gather the following items so that you can bring them to your appointment:

- All your medications, vitamins (including inhalers and injectable), supplements and topical creams
- The names of all the doctors on your healthcare team including specialists (eye doctor, cardiologist, foot doctor)
- The names and locations of your pharmacies
- The name of any home health agencies (agencies providing services in your home for an illness or injury)
- The names of your medical equipment supply companies (example: oxygen supplier)
- A list of any recent immunizations you have been given [example: Tetanus, Hepatitis B, Hepatitis C, Herpes Zoster (Shingles), Flu, Pneumonia]
- The Health Risk Assessment form (if your doctor's office asked you to complete one)

The more information you can share with your doctor, the more complete the picture of your health you can provide.