

# Your Annual Medicare Wellness Visit

## What is the annual wellness visit?

Anyone who has Medicare Part B or Medicare supplemental insurance should consider getting a yearly wellness visit. It's your chance to have a face-to-face talk with your primary care provider about preventive care, routine screenings, and your overall wellness.



This is similar to regular vehicle maintenance visits where a focused checklist is used to plan upcoming service needs, even though the car seems to be running smoothly. Just as fluid level checks and an oil change are recommended for preventive car maintenance, preventive services and screenings like immunizations and blood pressure checks are recommended.

## What is a wellness visit and what does it include?

A wellness visit includes:

- Preventive care planning.
  - Cancer screenings such as breast, cervical, colon, or lung cancer, as appropriate.
  - Immunizations if needed, such as flu, pneumonia, shingles, or tetanus.
  - Advance care planning.
- Screenings for undetected or potential problems such as elevated blood pressure, vascular issues, memory issues, anxiety, and fall risk.
- Functional and safety assessment including hearing concerns, home safety, mobility issues, and self-care barriers.
- Medications review.
- Updating your medical history and care team members.
- If appropriate, a focused physical exam that is tailored to your individual health and prevention needs.

## Is an annual wellness visit a covered Medicare benefit?

Yes, it's covered once a year as Medicare benefit without out-of-pocket expenses.

## What if I have other health concerns?

A copay or deductible may apply if specific medical issues need to be evaluated or addressed during this visit.

**To schedule your annual wellness visit, please call your primary care provider. Looking for a primary provider? Visit [valleymed.org/pcp](http://valleymed.org/pcp).**

## For your telehealth or in-person annual wellness visit, please have the following:

- List of any health updates, questions, changes you've noticed or concerns
- Family history updates
- Names of specialists on your care team
- List of all the medications you take, including vitamins, supplements and herbs
- Living will or any other advance care planning documents
- Support person to come with you to the visit, if you like



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## Clinic Network

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