

Your Annual Medicare Wellness Check

What is the annual wellness check?

This visit is a conversation between you and your primary care provider to create a personal health plan that includes a health risk assessment, review of your Advanced Care Planning and preventive care. To prevent future health problems, we will also review your current personal health history, as well as your family health history.

What is preventive care and why do I need it?

Preventive care is what we do to prevent or delay medical problems. Preventive care includes disease-specific screenings, cancer screenings and immunizations. Getting preventive care saves you time, money and the worry that comes with medical problems. And if you avoid medical problems, you'll be more independent and have a better quality of life for a longer time.

I already go in for a routine physical checkup every year. Is this the same thing?

The emphasis of the annual wellness visit will be on prevention and screening, rather than medical problem-focused. The plan you make at your annual wellness visit will help your routine, problem-focused visits run more smoothly. We recommend that you schedule a separate visit to address specific medical conditions.

**To schedule your annual wellness check, please call your primary care provider.
Looking for a primary care provider? Call 425.656.4636 or visit valleymed.org/drfinder.**

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The Patient-Centered Medical Home is a model of care that puts patients first, improving quality, your experience and reducing health care costs.

What should I bring to my planning visit?

When you come in for your annual wellness check, please bring the following:

- Any medical records you have, including immunization records
- Any family health history you have, in as much detail as possible
- A complete list of medications you take, including vitamins, supplements and herbs—for each medication, write down how often and how much of each you take
- A list of healthcare providers and suppliers currently involved in your care

