

All about Annual Wellness Visits

What is it?

Your Annual Wellness Visit is when you meet with your personal doctor to talk about how you're feeling—both physically and mentally—and come up with a customized health plan for the year. You'll also get recommendations for preventive services, such as vaccinations and screenings for things like breast cancer, colorectal cancer and prostate cancer.

What's included?

- Taking routine measurements like height, weight and blood pressure
- Reviewing your medical and family history
- Reviewing your current prescriptions
- Receiving personalized health advice
- Taking a cognitive assessment to look for signs of dementia, including Alzheimer's disease
- Reviewing your functional ability, including your risk of falling
- Discussing advance care planning, if applicable

Questions you can ask (if they relate to you)

- How can I reduce my risk of falling?
- How can I increase my level of physical activity?
- Is there anything I can do to improve bladder control?
- Are there things that can help when I feel lonely, sad or worried?
- Can we review my medications for any possible changes or cost savings?

Things you should bring

- A list of your medications, including over-the-counter, vitamins and herbal supplements
- A list of all the health care providers you see
- Your completed health history form and health risk assessment

Is it covered by insurance?

Yes. Medicare plans cover in-network Annual Wellness Visits at 100%. However, during your visit, your provider may need to investigate or treat a new or existing problem. This additional care is considered diagnostic and may require a copay or cost-share. Contact your insurance company to learn more about your coverage.