

# Annual Wellness Exam and Labs Updates

Most insurance plans pay for an Annual Wellness Visit and certain screening tests without deductibles or co pays. As your health care provider, we encourage you to have one every year and want you to be aware of the specific guidelines for the wellness visit. An Annual Wellness Visit is not a comprehensive physical exam.

The Annual Wellness Visit will include:

- Updating your medical and social history, including a list of all your health care providers
- Assessing health risk factors and the presence of any medical conditions
- Blood pressure, height, weight and BMI measurements
- Screening for conditions related to cognitive impairments, depression and functional status.

At this visit your provider will work with you to create a personalized plan to help keep you healthy over the next few years. Subsequent Annual Wellness Visits will update the information gathered at the first visit. The Annual Wellness Visit is not a physical exam but rather a review of your health, plus education and counseling about preventive services. To provide our patients with the most comprehensive medical care, if you have other chronic or acute medical conditions we may perform a physical exam and/or cover medical issues at the time of your appointment which is *not* considered part of the Annual Wellness Visit. If this is done, a separate office visit charge will be billed where deductibles and co pays would apply.

Lab panels that are ordered for this exam are based off your specific needs. We cannot guarantee that your specific panel will be covered without deductible or co-pay as each insurance carrier has different guidelines. For specific lab questions please consult your insurance plan.