

# Medicare Annual Wellness Visits



It is important for your health and wellness to see your health care team once a year for your Annual Wellness Visit.

## What is a Medicare Annual Wellness Visit?

The Medicare Annual Wellness Visit (AWV) is a yearly appointment with a member of your care team to discuss disease prevention, your overall health and wellness goals, and to update your health record. This appointment may be with your provider, a registered nurse or another individual of your care team who has been trained and educated to complete this visit.

## Why may this visit be with someone besides my provider?

Your provider and the rest of your health care team believes that it takes a team effort to provide you with the highest quality of care. This allows each member on your team to spend more time on your health care needs and concerns.

## Who is Eligible?

All Medicare Part B members who have not had a Medicare AWV or "Welcome to Medicare" visit in the past 12 months.

## Is the AWV the same as a yearly physical?

No. A Medicare AWV is a yearly visit with someone on your health care team to create a personalized preventive health plan, whereas yearly physicals are for addressing chronic illnesses and performing routine lab work. However, your health care team may elect to perform additional services during a Medicare AWV, which may have additional costs.

## What should I do if I haven't had a Medicare AWV in the past 12 months?

Call your clinic and ask to schedule your Medicare AWV. Talk to your health care team about what you can do to prepare for the visit and what they would like you to bring.

## What is covered as part of the Medicare AWV?



Update your medical history including recent major surgeries or hospitalizations, as well as social and family history



Review your current medications



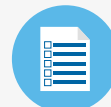
Update list of providers involved in your care



Check your height, weight, blood pressure, vision



Perform mobility and fall assessment



Discuss and plan preventive services and testing



Discuss Advance Care Planning