

# Medicare Annual Wellness Visit vs. Annual Physical

| Service                                                             | Medicare Annual Wellness Visit      | Annual Physical                     |
|---------------------------------------------------------------------|-------------------------------------|-------------------------------------|
| Covered by Medicare                                                 | <input checked="" type="checkbox"/> |                                     |
| Check vitals & measure your height, weight, blood pressure, and BMI | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Review your medical and family history                              | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Assess your risk factors for preventable diseases                   | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| Review your Health Risk Assessment questionnaire                    | <input checked="" type="checkbox"/> |                                     |
| Update list of providers and prescriptions                          | <input checked="" type="checkbox"/> |                                     |
| Look for signs of cognitive impairment                              | <input checked="" type="checkbox"/> |                                     |
| Set up a screening schedule for preventive services                 | <input checked="" type="checkbox"/> |                                     |
| Head/neck exam                                                      |                                     | <input checked="" type="checkbox"/> |
| Lung exam                                                           |                                     | <input checked="" type="checkbox"/> |
| Abdominal exam                                                      |                                     | <input checked="" type="checkbox"/> |
| Neurological exam                                                   |                                     | <input checked="" type="checkbox"/> |
| Test reflexes                                                       |                                     | <input checked="" type="checkbox"/> |
| Submit urine/blood to lab for testing                               |                                     | <input checked="" type="checkbox"/> |

## Welcome To Medicare



LUCAS **LC** COUNTY  
HEALTH **HC** CENTER

An Affiliate of  UnityPoint Health

# Welcome!

## Annual Wellness Visit vs. Annual Physical

## Helpful Information

When enrolling in Medicare, it can be confusing to understand what each service covers and what exams should be done and when. Our Care Coordination Team is here and ready to guide you through the process, answer questions, and provide support every step of the way.

This brochure will give you an overview of the Welcome to Medicare Visit, Medicare Annual Wellness Visit, and Annual Physical, detailing what each type of visit includes and how they differ.

You will also find helpful information on what to bring to your visit, how long the visit will take, and a step-by-step guide to ensure your experience is smooth and beneficial. We're dedicated to making sure you get the most out of your Medicare benefits, and we look forward to supporting your health and wellness journey.

### CONTACT US

Our Care Coordination Team is here to help with any questions about your Medicare Annual Wellness Visit or Annual Physical.

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### WHAT IS A WELCOME TO MEDICARE ANNUAL (IPPE) VISIT?

This is a one-time visit available within the first 12 months of enrolling in Medicare Part B. During this visit, the provider will:

- Measure your height, weight, body mass index (BMI), and blood pressure.
- Review your medical and family history.
- Assess your risk factors for preventable diseases such as diabetes and depression.
- Go over your Health Risk Assessment.
- Update list of providers and prescriptions.
- Look for signs of cognitive impairment.
- Set up a screening schedule for preventive services.

### WHAT IS AN ANNUAL WELLNESS VISIT? (AWV)

An annual visit is available to all Medicare Part B beneficiaries beginning yearly after the Welcome to Medicare Visit. During these visits, a provider will:

- Update your health history
- Review preventative screenings
- Update your personalized care plan

Medicare Annual Wellness Visits are covered once a year at no cost to you.

### WHAT IS AN ANNUAL PHYSICAL?

An annual physical is a more extensive head to toe exam and is not covered by Medicare. During an annual physical, a provider may:

- Check vital signs.
- Perform a head and neck exam.
- Perform a lung exam.
- Perform an abdominal exam.
- Perform a neurological exam.
- Test your reflexes.
- Submit urine and blood for lab testing.

### WHAT TO BRING WITH YOU

- Insurance Cards: Bring your Medicare card, any supplemental insurance cards, and your Part D drug plan card if you have one.
- Medications: It's best to bring all your medications, including supplements, in original bottles. If you can't bring bottles, bring a list with medication names, dosages, and how often you take them.
- Specialists List: Bring a list of any specialists you see, including their names and contact information.
- Paperwork: Bring completed paperwork that was mailed to you before the appointment, such as your health risk assessment.
- Advanced Directive: If you have an advanced directive, please bring it.

### HOW LONG WILL THIS VISIT TAKE?

Every patient and experience is unique, and we work hard to tailor each visit to your needs. Most wellness visits are completed in less than an hour. This visit is your opportunity to have one-on-one time with your provider or their colleague to discuss your current health status and create a future preventive care plan.

### REMEMBER

The Welcome to Medicare and Annual Wellness Visits help establish a baseline for your health and plan your future care. Any additional tests or labs may be billed separately and are subject to coinsurance.

The key point is Medicare covers an Annual Wellness Visit, but not an Annual Physical.