

# **South Valley Internal Medicine**

## **What to expect during a Medicare “Annual Wellness Visit”**

Medicare Part B benefits include a “Welcome to Medicare” visit for newly eligible beneficiaries, and an “Annual Wellness” visit for beneficiaries who have had Medicare Part B for more than one year.

These services are fully covered by Medicare Part B. You are not responsible for any coinsurance or deductibles.

### **Visits Include**

#### **A review of your health**

- \*Medical, family and social history
- \*Measurement of height, weight, body-mass index and blood pressure
- \*Medicare Health Assessment Review

#### **Screening questions**

- \*Functional ability
- \*Hearing
- \*Ability to perform activities of daily living
- \*Depression
- \*Memory impairment
- \*Safety/fall risk

#### **Counseling**

- \*How to stay healthy
- \*Disease detection and prevention
- \*Coordination of any additional screening/preventative services
- \*An opportunity to discuss end-of-life-planning

Following the visit, your doctor will give you a plan or checklist with screenings or preventative services you may need.

**To: Our Medicare Patients:**  
**Subject: Medicare Annual Wellness and Other Preventive Visits**

Beginning January 1, 2011, Medicare covers an “Annual Wellness Visit” in addition to the one-time “Welcome to Medicare” exam. The “Welcome to Medicare” exam occurs only once during your first twelve months as a Medicare patient. You may receive your Annual Wellness Visit after you have been with Medicare for more than one year, or it has been at least one year since your “Welcome to Medicare” exam.

Initial Preventive Physical Exam (IPPE)	“Welcome to Medicare” is only for <i>new</i> Medicare patients. This must be done in the 1 <sup>st</sup> year as a Medicare patient.
Annual Wellness Visit, Initial	At least 1 yr after the “Welcome to Medicare” exam.
Annual Wellness Visit, Subsequent	Once a year (more than 1 yr + 1 day after the last Wellness Visit).

The Annual Wellness Visit is not the same thing as what many people often refer to as their yearly physical exam. Medicare is very specific about what the “Annual Wellness Visit” includes and excludes.

At the Annual Wellness Visit, your doctor will talk to you about your medical history, review your risk factors, and make a personalized prevention plan to keep you healthy. The visit does *not* include a hands-on exam or any testing that your doctor may recommend, nor does it include any discussion about any new or current medical problems, conditions, or medications. You may schedule another visit to address those issues *or* your doctor may charge the usual Medicare fees for such services that are beyond the scope of the Annual Wellness Visit.

If you would like to schedule an annual physical, including any lab work or other diagnostic testing, medication management, vaccinations, and other services, please understand that these services will be charged and covered according to Medicare’s usual coverage guidelines. However, you may still develop a care plan based on the Annual Wellness Visit criteria.

We appreciate the trust you put in us to take care of your health care needs and hope that you will take advantage of this new benefit to work with your physician in creating your personalized prevention plan.

*See the attached list to bring with you to your appointment.*

What you should bring to your Annual Wellness Visit:

The names of all your doctors:

Name	Specialty

A list of all your medications

Name of medicine	Dose (if you remember)

Have any of your close relatives had any health changes?    \_\_\_ Yes    \_\_\_ No

Has your mood changed?    \_\_\_ Yes    \_\_\_ No

Do you worry about falling?    \_\_\_ Yes    \_\_\_ No

Are you worried about your memory?    \_\_\_ Yes    \_\_\_ No

Are there any preventive tests you have done recently?  
(such as lab tests, mammograms, x-rays)    \_\_\_ Yes    \_\_\_ No

Have you had any recent immunizations?    \_\_\_ Yes    \_\_\_ No

Do you have a living will or advance directive?  
(If you have one, *please bring a copy of it with you.*)    \_\_\_ Yes    \_\_\_ No

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

## A Checklist for Your Medicare Wellness Annual Visit

*Please complete this checklist before seeing your doctor or nurse. Your answers will help you receive the best health care possible.*

1. During the past 4 weeks, how much have you been bothered by emotional problems such as feeling anxious, depressed, irritable, sad or downhearted and blue?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

2. During the past 4 weeks, has your physical and emotional health limited your social activities with family friends, neighbors or groups?

- Not at all
- Slightly
- Moderately
- Quite a bit
- Extremely

3. During the past 4 weeks, how much bodily pain have you generally had?

- No pain
- Very mild pain
- Mild pain
- Moderate pain
- Severe pain

4. During the past 4 weeks, was someone available to help you if you needed and wanted help? For example, if you felt very nervous, lonely or blue, got sick and had to stay in bed, needed someone to talk to, needed help with daily chores, or needed help just taking care of yourself.

- Yes, as much as I wanted
- Yes, quite a bit
- Yes, some
- Yes, a little
- No, not at all

5 During the past 4 weeks, what was the hardest physical activity you could do for at least 2 minutes?

- Very heavy
- Heavy
- Moderate
- Light
- Very light

	Yes	No
6. Can you get places out of walking distance without help? For example, can you travel alone by bus, taxi, or drive your own car?	<input type="checkbox"/>	<input type="checkbox"/>
7. Can you shop for groceries or clothes without help?	<input type="checkbox"/>	<input type="checkbox"/>
8. Can you prepare your own meals?	<input type="checkbox"/>	<input type="checkbox"/>
9. Can you do your own housework without help?	<input type="checkbox"/>	<input type="checkbox"/>
10. Can you handle your own money without help?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you need help eating, bathing, dressing, or getting around your home?	<input type="checkbox"/>	<input type="checkbox"/>

12. During the past 4 weeks, how would you rate your health in general?

- Excellent
- Very good
- Good
- Fair
- Poor

13. How have things been going for you during the past 4 weeks?

- Very well - could hardly be better
- Pretty good
- Good and bad parts about equal
- Pretty bad
- Very bad - could hardly be worse

14. Are you having difficulties driving your car?

- Yes, often
- Sometimes
- No
- Not applicable, I do not use a car

15. Do you always fasten your seat belt when you are in a car?

- Yes, usually
- Yes, sometimes
- No

16. How often during the past 4 weeks have you been bothered by any of the following problems?

	Never	Seldom	Sometimes	Often	Always
Fall or dizzy when standing up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sexual problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Trouble eating well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Teeth or dentures	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Problems using the telephone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tired or fatigued	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

17. Have you fallen 2 or more times in the past year?

- Yes
- No

18. Are you afraid of falling?

- Yes
- No

19. Are you a smoker?

- No
- Yes, and I might quit
- Yes, but I'm not ready to quit

20. During the past 4 weeks, how many drinks of wine, beer or other alcoholic beverages did you have?

- 10 or more per week
- 6-9 per week
- 2-5 per week
- 1 drink or less per week
- No alcohol at all

21. Do you exercise for about 20 minutes 3 or more days a week?

- Yes, most of the time
- Yes, some of the time
- No, I usually do not exercise this much.

22. Have you been given any information to help you with the following:

- Hazards in your house that might hurt you?
  - Yes
  - No
- Keeping track of your medications?
  - Yes
  - No

23. How often do you have trouble taking medicines the way you have been told to take them?

- I do not have to take medicine.
- I always take them as prescribed
- Sometimes I take them as prescribed
- I seldom take them as prescribed

24. How confident are you that you can control and manage most of your health problems?

- Very confident
- Somewhat confident
- Not very confident
- I do not have any health problems.

How old are you?  65-69  70-79  80 or older

Are you male or female?  Male  Female

What is your race? (check one or more than one)

- White
- Black/African American
- Asian
- Native Hawaiian/Other Pacific Islander
- American Indian/Alaskan Native
- Hispanic or Latino origin or descent
- Other

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