

Understanding the Medicare Annual Wellness Visit

How You Benefit From This Important Medicare Benefit

A **Medicare Annual Wellness Visit (AWV)** is a preventive visit with your provider and a great opportunity to focus on issues or concerns that may be overlooked in a routine physical exam.

During the visit, your healthcare team will help you **develop a long-term, preventive care plan to guide your health.**



WHO IS ELIGIBLE?

If you have Medicare Part B coverage and have not had a Medicare Annual Wellness Visit or a Welcome to Medicare Visit in the past 12 months, you may be eligible. If you are unsure, please contact your insurance provider to verify eligibility.

IS THE MEDICARE ANNUAL WELLNESS VISIT THE SAME AS A YEARLY PHYSICAL?

No. During a yearly physical, your provider is focused on chronic illnesses and performing routine lab work. The Medicare Annual Wellness Visit **focuses on your overall health and wellbeing.** Together with your provider, you will create a personalized, preventive health plan that addresses things like lifestyle changes, goals and preferences. Plus, your provider can assess and address any issues before they become urgent.

WHAT DOES THE MEDICARE AWV COST?

Patients pay nothing out-of-pocket for this visit. During your visit, **if you require further tests or screenings** other than those outlined in the appointment overview, **a co-payment or deductible expense may occur.**

APPOINTMENT OVERVIEW, WHAT TO EXPECT:

- | | |
|---|---|
| <input type="checkbox"/> Review your medical and family history | <input type="checkbox"/> Measurement of blood pressure, height and weight |
| <input type="checkbox"/> Review your current medications | <input type="checkbox"/> Review of movement ability and risk of falls |
| <input type="checkbox"/> Review your list of current care providers | <input type="checkbox"/> Advance Care Planning |
| <input type="checkbox"/> Screen for memory and behavioral changes | |

With this information, your provider will develop a written preventive health and screening plan.

WHAT IS COVERED?

The following services **are covered**:

- Review of medical history
- Fall risk assessment
- Screening for depression and cognitive impairments
- Development of a personalized preventive care plan
- Hepatitis C screening
- Glucose screening
- Mammogram and Colonoscopy screening
- Influenza and pneumococcal vaccines
- Advance care planning

The following services are outside of the AWV and **may result in an additional office visit charge**:

- Management of high cholesterol, hypertension and fatigue

WHAT SHOULD I DO IF I HAVEN'T HAD AN AWV IN THE PAST 12 MONTHS?

Call your clinic and ask to schedule your Medicare Annual Wellness Visit (AWV).

| APPOINTMENT PLANNING GUIDE | | | Appointment Date: _____ Time: _____ |
|--|---|---|-------------------------------------|
| | | | Location: _____ |
| MEDICATION RECORDS | | | |
| Medication Name/Strength | How often do you take and why? | Concerns/Issues | |
| _____ | _____ | _____ | |
| _____ | _____ | _____ | |
| _____ | _____ | _____ | |
| _____ | _____ | _____ | |
| Do any of the following factors prevent you from taking your medications? | | | |
| <input type="checkbox"/> Costs | <input type="checkbox"/> Side Effects | <input type="checkbox"/> Questions/Concerns | |
| <input type="checkbox"/> Ability to pick up | <input type="checkbox"/> Forget | <input type="checkbox"/> Other: _____ | |
| Names of other healthcare providers or specialists you see: | | | |
| _____ | | | |
| _____ | | | |
| Questions or concerns you would like to discuss with your provider: | | | |
| _____ | | | |
| Are any of the following factors stopping you from reaching your health goals? | | | |
| <input type="checkbox"/> Access to food | <input type="checkbox"/> Financial Concerns | <input type="checkbox"/> Behavioral Health | |
| <input type="checkbox"/> Housing | <input type="checkbox"/> Transportation | <input type="checkbox"/> Other: _____ | |

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