



SHIP

State Health Insurance
Assistance Program

Navigating Medicare

ASK SHIP

YOUR MONTHLY MEDICARE Q&A

March, 2022

Q: I recently read that Medicare covers an Annual Wellness Visit. Is this the same as an annual physical exam?

A: If you've had Medicare Part B (Medical Insurance) for longer than 12 months, you can get a yearly "Wellness" visit once every 12 months to develop or update a personalized prevention plan to help prevent disease and disability, based on your current health and risk factors. The yearly "Wellness" visit isn't a physical exam. It is a good prevention tool.

The Annual Wellness Visit is available to anyone with Medicare Part B. The Part B deductible doesn't apply; however, you may have to pay coinsurance, and the Part B deductible may apply if:

- Your doctor or other health care provider performs additional tests or services during the same visit.
- These additional tests or services aren't covered under the preventive benefits.

The Annual Wellness Visit provides an opportunity for

you and your provider to develop or update a personalized plan to help prevent disease and disability.

To prepare for your Annual Wellness Visit, you should be prepared to give the provider a summary of:

- Information (if known) about your family's health history.
- Personal history of immunizations, illnesses, hospitalizations, surgeries, etc., including any new symptoms or treatments since the prior visit.
- A list of your prescription, over-the-counter, vitamins, and supplemental medication.
- A list of your providers and suppliers of medical equipment, if applicable.

The personalized prevention plan is designed to help prevent disease and disability based on your current health and risk factors. Your provider will ask you to fill out a questionnaire, called a "Health Risk Assessment," as part of this visit. Answering these questions can help you and your provider develop a personalized prevention plan

to help you stay healthy and get the most out of your visit. It can also include:

- A review of your medical and family history.
- Developing or updating a list of current providers and prescriptions.
- Height, weight, blood pressure, and other routine measurements.
- Detection of any cognitive impairment.
- Personalized health advice.
- A list of risk factors and treatment options for you.
- A screening schedule (like a checklist) for appropriate preventive services. Get details about coverage for screenings, shots, and other preventive services.
- Advance care planning

If you are interested in becoming a SHIP volunteer, or have questions related to Medicare, call SHIP at (800) 452-4800, (866) 846-0139 TTY or online at www.medicare.in.gov. You can also find us on Facebook, Twitter, LinkedIn, and YouTube.