

# Keep an eye on your health

Regular preventive care, like an annual physical exam and annual wellness visit, is key to maintaining good health. These checkups are also a chance to connect with your personal doctor and talk about your health goals and any concerns you may have. There's no cost to you for these visits, but the health benefits could be huge.<sup>1</sup>



## Combine to save time

**You can combine your annual physical and wellness visits into 1 convenient appointment.**

With your plan, you can schedule your visit anytime during the calendar year – visits don't need to be scheduled 12 months apart.



## What's the difference?

 <b>Annual Physical Exam</b>	 <b>Annual Wellness Visit</b>
Review your medical and family history	Review your medical and family history
Take routine measurements like height, weight and blood pressure	Take routine measurements like height, weight and blood pressure
Check reflexes and vital signs	Create or update a list of medical providers and prescription drugs
Perform heart, lung, head and neck, abdominal and neurological exams	Test for cognitive wellness
Assess risk factors for preventable diseases	Offer personalized health advice
Receive recommendations for any important lab or diagnostic tests	Make a schedule for preventive screenings

## Having the right doctor is key

It's important that you like and trust your doctor. If you're happy with your doctor, that's great.



If not, you have options. To find other providers near you, visit your member site and select **Find Care**.



## New to Medicare?

Medicare Part B covers a Welcome to Medicare visit. This visit is also called an Initial Preventive Physical Exam (IPPE). Your plan covers the Welcome to Medicare visit within the first 12 months you have Medicare Part B. This is a one-time benefit. After you've had Part B for 12 months, you can schedule your Annual Wellness Visit every calendar year, even if you didn't have the Welcome to Medicare Visit.



**When scheduling your Welcome to Medicare visit, you can ask to have your annual physical exam at the same appointment.**

### During the visit your provider will:

- ✓ Assess your medical and family history, current health conditions and prescriptions
- ✓ Check your blood pressure, vision, weight and height to get a baseline for your care
- ✓ Make sure you're up-to-date with preventive screenings and services
- ✓ Order tests, depending on your general health and medical history

<sup>1</sup>Covered at no cost when you see a network provider. A copay or coinsurance may apply if services are received that are not part of the annual physical/wellness visit.

Benefits, features and/or devices vary by plan/area. Limitations, exclusions and/or network restrictions may apply.

Other physicians/providers are available in our network.

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